



# Bwydlen Gaeaf / Winter Menu 2017 /18 – Ysgol Bro Teifi



	Llun	Mawrth	Mercher	Iau	Gwener
<b>Wy.1</b> 6/11/17 27/11/17 18/12/17 22/1/18 12/2/18 12/3/18	Bolognaise Cartref Bolognaise Llysieuol Sbageti Bara Garlleg Pys, Ffa Melys  Bisged Geirch & Gwydraid o Laeth neu Ffrwyth Ffres	Cyw Iâr Ffres wedi ei lapio V- Nygets Llysieuol wedi eu lapio Darnau Tatws Moron Mâl a Salad Cymysg Sgon Afal Ffres a *Chwstard/neu *Hufen Neu Ffrwyth Ffres	Twrci Rhost gyda Stwffin Perlysiau & Grefi V~ Caws Macaroni Tatws Hufennog Moron & Swedden  Iogwrt Llaeth y Llan gyda Darnau Afal neu Ffrwyth Ffres	Byrger Biff mewn Bap Blawd V-Byrger Llysieuol mewn Bap Blawd Sglodion Ffyn Llysiau Teisen Frau Siocled gyda Hufen Iâ a Choctel Ffrwythau neu Ffrwyth Ffres	Bysedd Pysgod V~ Caws Pob Tatws Hufennog Ffa Pob Neu Bys  Sbwng Siocled gyda Saws Gwyn neu Ffrwyth Ffres
<b>Wy.2</b> 13/11/17 4/12/17 8/1/18 29/1/18 26/2/18 19/3/18	Cyri Cyw Iâr V~ Cyri Llysiau Reis wedi Berwi & Bara Naan Llysiau Cymysg Myffin Oren neu Afal neu *Gacen Arw gyda Sudd Ffrwythau neu Ffrwyth Ffres	*Lasagne Cartref neu *Bastai Briwig Biff V-*Lasagne Llysiau neu Bastai Llysiau *Bara Garlleg/*Tatws Stwnsh Pys & Ffa Melys Bisged Siocled gyda Gwydraid o Laeth neu Ffrwyth Ffres	Selsig wedi eu Pobi gyda Grefi V~ Selsig Llysieuol gyda Grefi Pwdin Swydd Efrog Tatws Hufennog Moron a Brocoli *Salad Ffrwythau/*Plât Ffrwythau	Pitsa Tomato Sglodion Ffyn Llysiau Colslo Creisionllyd Pwdin Reis gyda Coulis Ffrwythau neu Ffrwyth Ffres	Bysedd Pysgod V~ Caws Pob Tatws Hufennog Ffa Pob neu Bys  Pwdin Efa gyda Chwstard neu Ffrwyth Ffres
<b>Wy.3</b> 20/11/17 11/12/17 15/1/18 5/2/18 5/3/18 26/3/18	Peli Cig mewn* Grefi neu *Saws Tomato V- Selsig Llysieuol *Tatws Hufennog/*Pasta Llysiau Cymysg o'r Fferm  Cacen Siocled Creisionllyd & Gwydraid o Laeth neu Ffrwyth Ffres	*Cawl Cartref / *Tsili Biff Mwyn *V-Cawl Llysiau gyda Caws *Tsili Llysieuol gyda Reis wedi Berwi *Bara Crystiog *Reis wedi Berwi Pys & Corn Melys Myffin Siocled gyda Sudd Ffrwythau neu Ffrwyth Ffres	Brest Cyw Iar & Grefi V~ Tomato Pasta Pob Stwffin Cartref gyda Pherlysiau Tatws Hufennog Moron & Ffa Gwyrdd Rhodyn Sbwng Hufen Iâ neu Ffrwyth Ffres	Cyw Iâr wedi Grilio V-Nygets Llysiau Waffls Tatws Ffa Pob & Ffyn Llysiau  Sbwng Oren Suddog Gyda* Saws Siocled Poeth neu * Gwstard Neu Ffrwyth Ffres	Bysedd Pysgod V-Caws Pob Sglodion Pys neu Salad Cymysg  Crymbl Ffrwythau neu Ffrwyth Ffres



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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wk1</b> 6/11/17 27/11/17 18/12/17 22/1/18 12/2/18 12/3/18	Homemade Bolognaise V~ Vegetarian Bolognaise Spaghetti Garlic Bread Peas, Sweetcorn  Oat Biscuit & a Glass of Milk or Fresh Fruit	Freshly Filled Chicken Wrap V- Vegi Nuggets in a wrap Jacket Wedges Grated Carrot and Mixed Salad  Fresh Apple Scone and *Custard/or *Cream Or Fresh Fruit	Roast Turkey with Herb stuffing & Gravy V~ Macaroni Cheese Creamed Potatoes Carrots & Swede  Yoghurt Llaeth y Llan with Apple Dippers or Fresh Fruit	Beef Burger in a Floured Bap V-Vegi Burger in a Floured Bap Chips Vegetable Sticks Chocolate Shortbread Finger with Ice Cream and Fruit Cocktail or Fresh Fruit	Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans Or Peas  Chocolate Sponge with White Sauce or Fresh Fruit
<b>Wk2</b> 13/11/17 4/12/17 8/1/18 29/1/18 26/2/18 19/3/18	Chicken Curry V~ Vegetable Curry Boiled Rice & Naan Bread Mixed Vegetables Orange and Apple *Muffin or *Rockie with Fruit Juice or Fresh Fruit	*Homemade Lasagne or *Minced Beef Pie V-*Vegetable Lasagne or Vegetable Pie *Garlic Bread/*Mashed Potato Peas & Sweetcorn Chocolate Cookie with a Glass of Milk or Fresh Fruit	Oven Baked Sausages with Gravy V~ Vegetarian Sausages with Gravy Yorkshire Pudding Creamed Potatoes, Carrots and Broccoli *Fruit Salad/*Fruit Platter	Tomato Pizza Chips Vegetable Sticks Crunchy Coleslaw Rice Pudding with Fruit Coulis or Fresh Fruit	Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas  Eve's Pudding with Custard or Fresh Fruit
<b>Wk3</b> 20/11/17 11/12/17 15/1/18 5/2/18 5/3/18 26/3/18	Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Sausages *Creamed Potatoes/*Pasta Farmhouse Mixed Vegetables  Crunchy Chocolate Cake & Glass of milk or Fresh Fruit	*Homemade Cawl / *Cool Chilli Beef *V-Vegetable Cawl with Cheese *Vegi Chilli with Boiled Rice Crusty Bread *Boiled Rice Peas & Sweetcorn Chocolate Muffin with Fruit Juice or fresh fruit	Roast Chicken Breast & Gravy V~ Tomato Pasta Bake Homemade Herb Stuffing Creamed Potatoes Carrot & Green Beans Ice Cream Sponge Roll or Fresh Fruit	Chicken Grills V-Vegetable Nuggets Potato Waffles Bake Beans & veg sticks  Juicy Orange Sponge With* Hot Chocolate Sauce or* Custard Or Fresh Fruit	Fish Fingers V-Cheese Bake Chips Peas or mixed Salad  Fruit Crumble with Custard or Fresh Fruit