

Bwydlen Oed Cynradd – Haf 2018

Caiff unrhyw newid i'r fwydlen hon ei chyhoeddi ar dudalennau trydar a Facebook yr ysgol. Diolch!

	Llun	Mawrth	Mercher	Iau	Gwener
Wythnos 1 16/4/18 7/5/18 4/6/18 25/6/18 16/7/18 3/9/18 24/9/18 15/10/18	Cyri Cyw Iâr Cartref Ll~ Cyri Llysiau Reis wedi Berwi Bara Naan Llysiau Cymysg Fflapjac Crymbl Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres	Cyw Iâr wedi Grilio V-Nygets Llysiau Waffls Mini Ffa Pob neu Ffyn Llysiau & Bara Crystiog Rholyn Sbwng Hufen Iâ Mafon neu Ffrwyth Ffres	Selsig wedi eu coginio yn y Ffwrn gyda Phwdin Efrog & Grefi Ll~ Selsig Llysieuol & Phwdin Swydd Efrog & Grefi Llysieuol Tatws Hufennog. Moron & Ffa Gwyrdd Salad Ffrwythau	Bolognaise Cartref Ll~ Bolognaise Llysieuol Sbageti Bara Garleg Pys & Ffa Melys Bisged Geirch gyda Laeth neu Ffrwythau Ffres	Bysedd Pysgod Eog Ll~ Caws Pob Sglodion Pys & Salad Cymysg * Sbwng Siocled gyda Saws Gwyn/*Cacen Siocled Haf neu Ffrwyth Ffres
Wythnos 2 23/4/18 14/4/18 11/6/18 2/7/18 23/7/18 10/9/18 1/10/18 22/10/18	Peli Cig mewn Saws Tomato Ll~ Selsig Llysieuol Troellau Pasta Pys & Ffa Melys Cacen Siocled Crensiog gyda Sudd Ffrwythau neu Ffrwyth Ffres	Cyw Iâr Ffres wedi ei lapio Ll - Nygets Llysieuol wedi eu lapio Darnau o Datws drwy Crwyn Moron wedi eu Gratio a Salad Cymysg Sblit Banana	Cyw Iâr wedi'i Rostio gyda stwffin Perlysiâu & Grefi Ll~ Blodfresych a Broccoli wedi eu Pobi Tatws Hufennog Moron & Brocoli Ffrwythau & Jeli gyda Hufen neu Ffrwythau Ffres	Pitsa Tomato Sglodion Colsiô Myffin Siocled & Gellyg gyda Gwydraid o Laeth neu Ffrwyth Ffres	Bysedd Pysgod Ll~ Selsig Llysieuol Tatws Hufennog Ffa Pob neu Bys Ffyn Llysiau Sgon Afal Ffres a Chwstard neu ffrwyth Ffres
Wythnos 3 30/4/18 21/5/18 18/6/18 9/7/18 17/9/18 8/10/18	Lasagne Ll~ Tomato Pasta Pob Bara Garleg Llysiau Cymysg o'r Fferm Bisged Siocled gyda Sudd Ffrwythau neu Ffrwyth Ffres	Byrger Biff Ll-Byrger Llysieuol sglodion & Bara Crystiog Ffa Pob neu Salad *Cacen Arw Oren & Afal neu *Myffin Oren ac Afal gyda Laeth neu Ffrwyth Ffres	Ham wedi ei Goginio'n Ffres & *Saws Persli Ll - Selsig Morgannwg *Tatws Hufennog / ½ tatws drwy Crwyn *Moron a Ffa Gwyrdd/*Dewis o Salad Iogwrt gyda Darnau o Ffrwythau Ffres	Darn o Gyw Iâr Barbeciwr / Bif Sawrus Ll~ Caserol Llysiau Haenau o Datws Sawrus wedi eu Pobi Pys & Moron Sgon jam & Hufen Neu Ffrwyth Ffres	Bysedd Pysgod Eog Ll-Caws Pob Tatws Hufennog Pys & Ffyn Llysiau Crymbl Ceirch Ffrwythau gyda Saws Siocled Poeth Neu Ffrwyth Ffres

Primary Age Menu-Summer 2018

Any changes to this published menu will be communicated through the school's twitter and facebook pages. Diolch!

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1 16/4/18 7/5/18 4/6/18 25/6/18 16/7/18 3/9/18 24/9/18 15/10/18	Homemade Chicken Curry V~ Vegetable Curry Boiled Rice Naan Bread Mixed Vegetables Apple Crumble Flapjack with Fruit Juice or Fresh Fruit	Chicken Grills V-Vegetable Nuggets Mini Waffles Baked Beans or Vegetable sticks & Crusty Bread Raspberry Ice Cream Sponge Roll or Fresh Fruit	Oven Baked Sausages with Yorkshire Pudding & Gravy V~ Vegetarian Sausages with Yorkshire Pudding & Vegetarian Gravy Creamed Potatoes. Carrots and Green Beans Fruit Salad	Homemade Bolognaise V~ Vegetarian Bolognaise Spaghetti Garlic Bread Peas & Sweetcorn Oat Cookie with Milk or Fresh Fruit	Salmon Fish Fingers V~ Cheese Bake Chips Peas & Mixed Salad *Chocolate Sponge with White Sauce/ *Summer Chocolate Cake or Fresh Fruit
Wk 2 23/4/18 14/4/18 11/6/18 2/7/18 23/7/18 10/9/18 1/10/18 22/10/18	Meat Balls in a Tomato Sauce V-Vegetarian Sausages Pasta Spirals Peas & Sweetcorn Crunchy Chocolate Cake with fruit juice or fresh fruit	Freshly Filled Chicken Wrap V-Vegi Nuggets in a wrap Jackets Wedges Grated Carrot and Mixed Salad Banana Split	Roast Chicken Breast with Herb stuffing & Gravy V~ Cauliflower and Broccoli Bake Creamed Potatoes Carrots & Broccoli Fruit & Jelly with Cream or Fresh Fruit	Tomato Pizza Chips Coleslaw Chocolate & Pear Muffin with Glass of Milk or Fresh Fruit	Fish Fingers V~ Vegetable Sausages Creamed Potatoes Baked Beans or Peas Veg Sticks Apple Scone and Custard or Fresh Fruit
Wk 3 30/4/18 21/5/18 18/6/18 9/7/18 17/9/18 8/10/18	Lasagne V- Tomato Pasta Bake Garlic Bread Farmhouse Mixed Vegetables Chocolate Cookie fruit Juice or Fresh Fruit	Beef Burger V-Vegetable Burger Chips & Crusty Bread Baked Beans or Salad *Orange & Apple Rockie or *Orange and Apple Muffin with Milk or Fresh Fruit	Freshly Cooked Ham & *Parsley Sauce V- Glamorgan Sausage *Creamed Potatoes/ ½ Jacket Potato *Carrots and Green Beans/*Salad Choice Yoghurt with Fresh Fruit Dippers	*BBQ Chicken fillet / *Savoury Beef V~ Vegetable Casserole *Savoury Potato Layer Bake /*Creamed Potato & Yorkshire Pudding Peas & Carrots Scone jam & Cream Or Fresh Fruit	Salmon Fish Fingers V-Cheese Bake Creamed Potato Peas & Vegetable Sticks Fruit Oat Crumble with Custard Or Fresh Fruit