

Bwydlen Oed Cynradd – Medi-Hydref 2019

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

	Llun	Mawrth	Mercher	Iau	Gwener
Wythnos 1 2/9/19 23/9/19 16/10/19	Cyw Iâr wedi Grilio V-Nygets Llysiau Waffls Mini Ffa Pob neu Ffyn Llysiau & Bara Crystiog Rhodyn Sbwng Hufen Iâ Mafon neu Ffrwyth Ffres	Cyri Cyw Iâr Cartref Ll~ Cyri Llysiau Reis wedi Berwi Bara Naan Llysiau Cymysg Fflapjac Crymbl Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres	Selsig wedi eu coginio yn y Ffwrn gyda Phwdin Efrog & Grefi Ll~ Selsig Llysieuol & Phwdin Swydd Efrog & Grefi Llysieuol Tatws Hufenog. Moron & Ffa Gwyrdd Salad Ffrwythau	Bolognaise Cartref Ll~ Bolognaise Llysieuol Sbageti Bara Garleg Pys & Ffa Melys Bisged Geirch gyda ½ Banana a Llaeth 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 9/9/19 30/9/19 21/10/19	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 Hufenog Moron & Brocoli Ffrwythau & Jeli gyda Hufen neu Ffrwythau Ffres	Pitsa Ffrenig Sglodion Colslô Myffin Siocled & Gellyg gyda Gwydraid o Laeth neu Ffrwyth Ffres	Bysedd Pysgod/Eog Ll~ Selsig Llysieuol Tatws Hufenog Ffa Pob neu Bys Ffyn Llysiau Sgon Afal Ffres a Chwstard neu ffrwyth Ffres
Wythnos 3 16/9/19 7/10/19	Sbageti Cyw Iâr/Mins Sawrus gyda Phwdin Efrog/L l~ Spagheti Lluseuol/ Caserol Llysiau Tatws Hufenog/Bara Crwst Pys & Corn melys Cacen Het Fawr/ Neu Ffrwyth Ffres	Cwn Poeth gyda Winwns Ci Poeth Llysieuol Sglodion & Bara Crystiog Ffa Pob neu Salad *Cacen Arw Oren & Afal neu *Myffin Oren ac Afal gyda Llaeth neu Ffrwyth Ffres	Ham wedi ei Goginio'n Ffres & *Saws Persli Ll - Selsig Morgannwg *Tatws Hufenog / ½ tatws drwy Crwyn *Moron a Ffa Gwyrdd/*Dewis o Salad Iogwrt gyda Darnau o Ffrwythau Ffres	Pastico Ll~ Tomato Pasta Pob Bara Garleg Llysiau Cymysg o'r Fferm Cwci Siocled gyda Sudd Ffrwythau neu Ffrwyth Ffres *	Bysedd Pysgod/ Eog Ll-Caws Pob Tatws Hufenog Pys & Ffyn Llysiau Crymbl Ceirch Ffrwythau gyda Chwstard Neu Ffrwyth Ffres

Primary Age Menu-Sept-Oct 2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1 2/9/19 23/9/19 16/10/19	Chicken Grills V-Vegetable Nuggets Mini Waffles Baked Beans or Vegetable sticks & Crusty Bread Raspberry Ice Cream Sponge Roll or Fresh Fruit	Homemade Chicken Curry V~ Vegetable Curry Boiled Rice Naan Bread Mixed Vegetables Apple Crumble Flapjack with Fruit Juice 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 ½ Banana 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 9/9/19 30/9/19 21/10/19	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	French Bread Pizza Chips Coleslaw Chocolate & Pear Muffin with Glass of Milk or Fresh Fruit	Salmon/Fish Fingers V~ Vegetable Sausages Creamed Potatoes Baked Beans or Peas Veg Sticks Apple Scone and Custard or Fresh Fruit
Wk 3 16/9/19 7/10/19	SpaghettiChicken/ Savoury Mince with Yorkshire pudding V Vegetable Spaghetti/ Vegetable Casserole with Yorkshire Pudding *Creamed Potato /Crusty Bread Peas & Carrots Top Hat Cupcake or Fresh Fruit	Hot dogs with onions Tomato Sauce Vegetarian Hot Dog Chips Mixed Salad & Veg Sticks *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	Pastico (Pasta Bake) V- Tomato Pasta Bake Garlic Bread Farmhouse Mixed Vegetables Chocolate Cookie fruit Juice or Fresh Fruit	Salmon/ Fish Fingers V~Cheese Bake Creamed Potato Baked Beans/ Peas & Vegetable Sticks Fruit Oat Crumble with Custard Or Fresh Fruit