

# Bwydlen Oed Cynradd – Gaeaf 2019/20

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
<p><b>Wy1</b></p> <p>4/11/19 25/11/19 16/12/19 20/1/20 10/2/20 9/3/20 30/3/20</p>	<p>*Byrgyr Eidion neu *Omlod GawsLI ~Byrgyr LlysieuolSglodion neu Daten Bob Bara CrystiogFfa Pob a Ffyn Llysiau</p> <p>Iogwrt Llaeth y Llan gyda Darnau Afal neu Ffrwythau Ffres</p>	<p>Cyri Ffowlyn Tikka LI Cyri Llysieuol Reis wedi Berwi a Bara Naan Llysiau Cymysg</p> <p>Hufen iâ a Choctel Ffrwythau neu Ffrwythau Ffres</p>	<p>Porc Rhost gyda Stwffin Perlysiâu a Grefi LI~ Pasta Pob Tatws Hufennog Moron a Brocoli</p> <p>Sgon Afal Ffres a Chwstard neu Ffrwythau Ffres</p>	<p>Bolognaise Cartref LI ~BolognaiseLlysieuol Sbageti / Troellau Pasta Bara Garleg Pys. India-corn</p> <p>Bisged Geirch a Gwydraid o Laeth neu Ffrwythau Ffres</p>	<p>Bysedd Pysgod /Eog LI~ Caws Pob Tatws Hufennog Pys a Ffyn Llysiau</p> <p>Sbwng Siocled gyda Saws Gwyn neu Ffrwythau Ffres</p>
<p><b>Wy2</b></p> <p>11/11/19 2/12/19 6/1/20 27/1/20 24/2/20 16/3/20</p>	<p>Sbageti Ffowlyn *Sbageti Llysiau Bara Crystiog Pys ac India-corn</p> <p>*Cacen arw Oren ac Afal /Myffins Oren ac Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres</p>	<p>*Minced Beef Pie or *Pasticio V~*Vegetable Pasta Bake or Vegetable Pie *Garlic Bread/*Creamed Potato Peas &amp; Carrots</p> <p>Chocolate Cookie with a Glass of Milk or Fresh Fruit</p>	<p>Selsig wedi'u Pobi yn y Ffwrn gyda Grefi LI~ Selsig Llysieuol gyda Grefi Pwddin Swydd Efrog Tatws Hufennog. Moron a Brocoli</p> <p>*Pwddin Reis gyda Saws Ffrwythau (coulis)/Pwddin Lemwn Cartref gyda Chwstard neu Ffrwythau Ffres</p>	<p>Pitsa Bara Ffrengig Sglodion neu Daten Bob Ffa Pob neu India Corn a Ffyn Llysiau</p> <p>*Salad Ffrwythau/*Plataid o Ffrwythau</p>	<p>Bysedd Pysgod /Eog LI~ Caws Pob Tatws Hufennog Ffa Pob neu Bys a Ffyn Llysiau</p> <p>Pwddin Efa Cartref gyda Chwstard neu Ffrwythau Ffres</p>
<p><b>Wy3</b></p> <p>18/11/19 9/12/19 13/1/20 3/2/20 2/3/20 St Davids Day Lunch 23/3/20</p>	<p>Peli Cig mewn * Grefi neu *Saws Tomato LI ~Selsig Llysieuol *Tatws Hufennog/*Pasta Llysiau Cymysg y Fferm</p> <p>Rholyn Sbwng Hufen Iâ neu Ffrwythau Ffres</p>	<p>*Cawl Cartref/ *Cig Eidion Sawrus gyda Phwddin Swydd Efrog *LI-Cawl Llysiau *Caserol Llysiau gyda Phwddin Swydd Efrog Bara crystiog *Tatws Hufennog Pys ac India-corn Crymbl Ffrwythau a Chwstard neu Ffrwythau Ffres</p>	<p>Ffowlyn Rhost a Grefi V~ Pasta Pob Tomato Stwffin Perlysiâu cartref Tatws Hufennog Moron a Ffa</p> <p>Teisen frau cartref gyda llaeth a Ffrwythau Ffres</p>	<p>Griliau Ffowlyn LI ~Nygets Llysieuol Waffls Tato Ffa pob a Ffyn llysiau</p> <p>Cacen Siocled 'Het Fawr' neu Ffrwythau Ffres.</p>	<p>Bysedd Pysgod/ Eog LI-Caws Pob Sglodion neu Daten Bob Pys a salad cymysg</p> <p>Sgon Siocled lawr ffrwyth gyda Saws Gwyn neu Ffrwythau Ffres</p>

# Primary Age Menu-Winter 2019/20

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
<b>Wk1</b>	*Beef Burger or *Cheesy Omelette V~Vegi Burger Chips or Jacket Potato Crusty Bread Baked Beans & Vegetable Sticks Llaeth y Llan Yoghurt with Apple Dippers or Fresh Fruit	Chicken Tikka Masala V~ Vegetable Curry Boiled Rice & Naan Bread Mixed Vegetables Ice Cream and Fruit Cocktail or Fresh Fruit	Roast Pork with Herb stuffing & Gravy V~ Savoury Pasta Bake Creamed Potatoes Carrots & Broccoli Fresh Apple Scone and Custard Or Fresh Fruit	Homemade Bolognese V~ Vegetarian Bolognese Spaghetti / Pasta Twists Garlic Bread Peas, Sweetcorn Oat Biscuit & a Glass of Milk or Fresh Fruit	Salmon / Fish Fingers V~ Cheese Bake Creamed Potatoes Peas & Vegetable Sticks Chocolate Sponge with White Sauce or Fresh Fruit
<b>Wk2</b>	Spaghetti Chicken *Vegetable Spaghetti Crusty Bread Peas and Sweetcorn *Orange and Apple Rockies / Orange and Apple Muffins with Fruit Juice or Fresh Fruit	*Minced Beef Pie or *Pasticio V~*Vegetable Pasta Bake or Vegetable Pie *Garlic Bread/*Creamed Potato Peas & Carrots 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 *Rice Pudding with Fruit Coulis / Homemade Lemon Feather Pudding with Custard or Fresh Fruit	French Bread Pizza Chips or Jacket Potato Baked Beans or Sweetcorn & Vegetable Sticks *Fruit Salad/*Fruit Platter	Fish / Salmon Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas & Vegetable Sticks Homemade Eve's Pudding with Custard or Fresh Fruit
<b>Wk3</b>	Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Sausages *Creamed Potatoes/*Pasta Farmhouse Mixed Vegetables Ice Cream Sponge Roll or Fresh Fruit	*Homemade Cawl / *Savoury Beef with Yorkshire Pudding *V-Vegetable Cawl *Vegetable Casserole with Yorkshire Pudding Crusty Bread*Creamed Potato Peas & Sweetcorn Fruit Crumble & Custard Or Fresh Fruit	Roast Chicken Breast & Gravy V~ Tomato Pasta Bake Homemade Herb Stuffing Creamed Potatoes Carrots & Green Beans Homemade Shortbread biscuit with milk & Fresh Fruit	Chicken Grills V~Vegetable Nuggets Potato Waffles Baked Beans & veg sticks Chocolate Top Hat Cup Cake Or Fresh Fruit.	Salmon / Fish Fingers V~Cheese Bake Chips or Jacket Potao Peas & mixed Salad Chocolate Fruity Scone with White Sauce Or Fresh Fruit
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