

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!

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wy1 4/11/19 25/11/19 16/12/19 20/1/20 10/2/20 9/3/20 30/3/20	*Byrgyr Eidion neu *Omled Gaws Ll ~Byrgyr Llysieuol Sgloclion neu Daten Bob Bara Crystiog Ffa Pob a Ffyn Llysiau Iogwrt Llaeth y Llan gyda Darnau Afal neu Ffrwythau Ffres	Cyri Ffowlyn Tikka Ll Cyri Llysieuol Reis wedi Berwi a Bara Naan Llysiau Cymysg Hufen iâ a Choctel Ffrwythau neu Ffrwythau Ffres	Porc Rhost gyda Stwffin Perlaysiau a Grefi Ll~ Pasta Pob Tatws Hufennog Moron a Brocoli Sgon Afal Ffres a Chwstard neu Ffrwythau Ffres	Bolognaise Cartref Ll ~BolognaiseLlysieuol Sbageti / Troellau Pasta Bara Garlleg Pys. India-corn Bisged Geirch a Gwydraid o Laeth neu Ffrwythau Ffres	Bysedd Pysgod /Eog Ll~ Caws Pob Tatws Hufennog Pys a Ffyn Llysiau Sbwng Siocled gyda Saws Gwyn neu Ffrwythau Ffres
Wy2 11/11/19 2/12/19 6/1/20 27/1/20 24/2/20 16/3/20	Sbageti Ffowlyn *Sbageti Llysiau Bara Crystiog Pys ac India-corn *Cacen arw Oren ac Afal /Myffins Oren ac Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres	*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	Selsig wedi'u Pobi yn y Ffwrn gyda Grefi Ll~ Selsig Llysieuol gyda Grefi Pwdin Swydd Efrog Tatws Hufennog. Moron a Brocoli *Pwddin Reis gyda Saws Ffrwythau (coulis)/Pwddin Lemwn Cartref gyda Chwstard neu Ffrwythau Ffres	Pitsa Bara Ffrengig Sgloclion neu Daten Bob Ffa Pob neu India Corn a Ffyn Llysiau *Salad Ffrwythau/*Plataid o Ffrwythau	Bysedd Pysgod /Eog Ll~ Caws Pob Tatws Hufennog Ffa Pob neu Bys a Ffyn Llysiau Pwddin Efa Cartref gyda Chwstard neu Ffrwythau Ffres
Wy3 18/11/19 9/12/19 13/1/20 3/2/20 2/3/20 Cinio Dydd Gwyl Dewi 23/3/20	Peli Cig mewn * Grefi neu *Saws Tomato Ll ~Selsig Llysieuol *Tatws Hufennog/*Pasta Llysiau Cymysg y Fferm Rholyb Sbwng Hufen Iâ neu Ffrwythau Ffres	*Cawl Cartref/ *Ll-Cawl Llysiau Bara crystiog Crymbl Ffrwythau a Chwstard neu Ffrwythau Ffres	Ffowlyn Rhost a Grefi V~ Pasta Pob Tomato Stwffin Perlaysiau cartref Tatws Hufennog Moron a Ffa Teisen frau cartref gyda llaeth a Ffrwythau Ffres	Griliâu Ffowlyn Ll ~Nygets Llysieuol Waffls Tato Ffa pob a Ffyn Llysiau Cacen Siocled 'Het Fawr' neu Ffrwythau Ffres.	Bysedd Pysgod/ Eog Ll-Caws Pob Sgloclion neu Daten Bob Pys a salad cymysg Sgon Siocled lawn ffrwyth gyda Saws Gwyn neu Ffrwythau Ffres

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
Wk1 4/11/19 25/11/19 16/12/19 20/1/20 10/2/20 9/3/20 30/3/20	*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
Wk2 11/11/19 2/12/19 6/1/20 27/1/20 24/2/20 16/3/20	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
Wk3 18/11/19 9/12/19 13/1/20 3/2/20 2/3/20 St David's Day Lunch 23/3/20	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 / *V-Vegetable Cawl Crusty Bread 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 Potat Peas & mixed Salad Chocolate Fruity Scone with White Sauce Or Fresh Fruit