

# Bwydlen Oed Cynradd – Gaeaf 2020/21

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
<b>Wy1</b> 3&4/9/20 21/9/20 12/10/20 9/11/20 30/11/20 21/12/20 18/1/21 8/1/21 8/3/21	Cyri Ffowlyn Tikka Ll Cyri Llysieuol Reis wedi Berwi Bara Naan Llysiau Cymysg  Hufen iâ a Choctel Ffrwythau neu Ffrwythau Ffres	Bysedd Pysgod Eog Ll~ Caws Pob Tatws Hufennog Pys a Ffyn Llysiau  Sbwng Siocled gyda Saws Gwyn neu Ffrwythau Ffres	Porc Rhost gyda Stwffin Perlysiâu a Grefi Ll~ Pasta Pob Tatws Hufennog Moron a Brocoli  Sgon Afal Ffres a Chwstard neu Ffrwythau Ffres	Bolognaise Cartref Ll ~ Bolognaise Llysieuol Sbageti / Troellau Pasta Bara Garleg Pys. India-corn  Bisged Geirch a Gwydraid o Laeth neu Ffrwythau Ffres	<b>Selsgwn</b> Ll ~Byrgyr Llysieuol Sgloclion neu Daten Bob Ffa Pob a Ffyn Llysiau  Iogwrt Llaeth y Llan gyda Darnau Afal neu Ffrwythau Ffres
<b>Wy2</b> 7/9/20 28/9/20 19/10/20 16/11/20 7/12/20 4/1/21 25/1/21 22/2/21 15/3/21	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	*Pei mins cig eidion neu *Pasticio Ll~*Pasta Pob Llysieuol neu Bei Llysieuol *Bara Garleg/*Tatws Hufennog Pys a Moron  Cwci Siocled gyda Gwydraid o Laeth neu Ffrwythau Ffres	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	Bysedd Pysgod Ll~ Caws Pob Tatws Hufennog Ffa Pob neu Bys a Ffyn Llysiau  Pwddin Efa 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
<b>Wy3</b> 14/9/20 5/10/20 2/11/20 23/11/20 14/12/20 11/1/21 1/2/21 1/3/21 Cinio Dydd Gwyl Dewi 22/3/21	Peli Cig mewn * Grefi neu *Saws Tomato Ll ~Selsig Llysieuol *Tatws Hufennog/*Pasta Llysiau Cymysg y Fferm  Rholyn Sbwng Hufen Iâ neu Ffrwythau Ffres	Pot Poeth/Pastair Bwthyn Pot Poeth/Pastair Bwthyn Llyseuol Phwddin Swydd Efrog *Tatws Hufennog Pys ac India-corn  Crymbl Ffrwythau a Chwstard neu Ffrwythau Ffres	Ffowlyn Rhost a Grefi V~ Pasta Pob Tomato Stwffin Perlysiâu 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
<b>Wk1</b> 3&4/9/20 21/9/20 12/10/20 9/11/20 30/11/20 21/12/20 18/1/21 8/1/21 8/3/21	Chicken Tikka Curry V~ Vegetable Curry Boiled Rice & Naan Bread Mixed Vegetables  Ice Cream and Fruit Cocktail or Fresh Fruit	Salmon Fish Fingers V~ Cheese Bake Creamed Potatoes Peas & Vegetable Sticks  Chocolate Sponge with White Sauce 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 Bolognaise V~ Vegetarian Bolognaise Spaghetti / Pasta Twists Garlic Bread Peas, Sweetcorn  Oat Biscuit & a Glass of Milk or Fresh Fruit	Hot Dog V-Vegi Burger Chips or Jacket Potato Baked Beans & Vegetable Sticks  Llaeth y Llan Yoghurt with Apple Dippers or Fresh Fruit
<b>Wk2</b> 7/9/20 28/9/20 19/10/20 16/11/20 7/12/20 4/1/21 25/1/21 22/2/21 15/3/21	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	Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas & Vegetable Sticks  Homemade Eve's Pudding with Custard or Fresh Fruit	French Bread Pizza Chips or Jacket Potato Baked Beans or Sweetcorn & Vegetable Sticks  *Fruit Salad/*Fruit Platter
<b>Wk3</b> 14/9/20 5/10/20 2/11/20 23/11/20 14/12/20 11/1/21 1/2/21 1/3/21 St Davids Day Lunch 22/3/21	Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Sausages *Creamed Potatoes/*Pasta Farmhouse Mixed Vegetables  Ice Cream Sponge Roll or Fresh Fruit	*Hot Pot/Cottage Pie Vegetarian Hot Pot/Cottage Pie with Yorkshire Pudding 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 Potato Peas Mixed Salad  Chocolate Fruity Scone with White Sauce Or Fresh Fruit

