

# Bwydlen Oed Cynradd – Haf 2021

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>Wythnos 1</b> 12/4/21 3/5/21 24/5/21 21/6/21 12/7/21 1/9/21 20/9/21 11/10/21	*Cyri Cyw Iâr / *Chilli Biff mwyn Ll ~ Cyri Llysieuol Reis wedi berwi Bara Naan Llysiau Cymysg Fflapjac Crymbl Afal gyda Sudd Ffrwythau/*Sgon Jam a Hufen neu Ffrwythau Ffres	Cyw Iâr wedi Grilio Ll ~ Omlet sawrus Waffis bach Ffa Pob/ Pys gyda Ffyn Llysiau Bara Crwst Cacen Siocled yr Haf neu Ffrwythau Ffres	Selsig wedi'u coginio yn y Ffwrn a Phwdin Swydd Efrog a Grefi Ll ~ Selsig Llysieuol gyda Phwdin Swydd Efrog a Grefi llysieuol Tatws Hufennog Moron a ffa Bisged Ceirch gyda Chwrens. ½ Banana a Llaeth neu Ffrwythau Ffres	Pastitsio (Pasta pob) Ll ~ Pasta Pob Tomato Bara Garleg Brocoli ac india-corn Salad Ffrwythau neu Ffrwythau Ffres	Bysedd Pysgod Eog Ll ~ Caws Pob Sglodion neu Daten bob Pys a Salad Cymysg Rhodyn Sbwng Hufen Ia Mafon neu Ffrwythau Ffres
<b>Wythnos 2</b> 19/4/21 10/5/21 7/6/21 28/6/21 6/9/21 27/9/21 18/10/21	Pitsa ar Dorth Hir Salad Pasta Salsa Tomato a Chiwcymbr gyda Ffyn Llysiau Myffin Siocled a Gellyg gyda Gwydryn o Laeth neu Ffrwythau Ffres	Peli Cig mewn Saws Tomato L~Peli Cig llysieuol Troellau Pasta. Bara Garleg Pys ac india-corn Sgon Afal gyda chwstard neu Ffrwythau Ffres	Cyw iâr rhost gyda stwffin Perlysiâu a Grefi Ll ~ Selsig Llysieuol Tatws Hufennog Moron a Brocoli Cacen Siocled Grensiog gyda Sudd ffrwythau neu Ffrwythau ffres	Cyw Iâr wedi'i lapio Ll ~ Nygets Llysieuol wedi'u lapio Sglodion neu Daten bob Moron wedi ei gratio a Salad Cymysg Ffrwythau a jeli gyda hufen neu Ffrwythau Ffres	Bysedd Pysgod Ll ~ Caws Pob Tatws Hufennog Ffa Pob/ Pys gyda Ffyn Llysiau *Banana Holt / *Melba Eirin Gwlanog neu Ffrwythau Ffres
<b>Wythnos 3</b> 26/4/21 10/5/21 14/6/21 5/7/21 13/9/21 4/10/21	*Pasta pob cyw iâr hufennog / *Cig eidion sawrus gyda Phwdin Swydd Efrog Pasta pob Llysieuol Bara Crwst. Tatws hufennog Pys ac india-corn Cacen fach 'Het silc' neu Ffrwythau Ffres	Cŵn poeth gyda winwns a relish Tomato Ll ~ Ci Poeth Llysieuol Sglodion Salad Cymysg a Ffyn Llysiau Iogwrt gyda darnau o ffrwythau ffres neu Ffrwythau Ffres cyfan	Porc rhost gyda Stwffin Perlysiâu cartref a Grefi Ll ~ Selsig Morgannwg Tatws Hufennog Moron a Ffa *Roci Oren ac Afal neu *Myffin Oren ac Afal gyda Llaeth neu Ffrwythau Ffres	Bolognaise Cartref Ll ~ Bolognaise Llysieuol Bara Garleg Pys ac india-corn Cwci blas Siocled gyda sudd ffrwythau neu Ffrwythau Ffres	Bysedd Pysgod Eog Ll ~ Caws Pob Tatws Hufennog Ffa Pob/ Pys gyda Ffyn Llysiau *Crymbl Ceirch a Ffrwythau / *Sbwng blas afal gyda chwstard neu Ffrwythau Ffres

# Primary Age Menu-Summer 2021

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>Wk 1</b> 12/4/21 3/5/21 24/5/21 21/6/21 12/7/21 1/9/21 20/9/21 11/10/21	*Homemade Chicken Curry / *Mild Chilli Beef V~ Vegetable Curry Boiled Rice Naan Bread Mixed Vegetables Apple Crumble Flapjack with Fruit Juice /*Scone Jam and Cream or Fresh Fruit	Chicken Grills V-Savoury Omelette Mini Waffles Baked Beans or Peas & Vegetable sticks Crusty Bread Summer Chocolate Flavoured Cake or Fresh Fruit	Oven Baked Sausages with Yorkshire Pudding & Gravy V~ Vegetarian Sausages with Yorkshire Pudding & Vegetarian Gravy Creamed Potatoes. Carrots and Green Beans Oat Cookie with Raisins ½ Banana & Milk Or Fresh Fruit	Pasticio (Pasta Bake) V- Tomato Pasta Bake Garlic Bread Broccoli and Sweetcorn Fruit Salad Or Fresh Fruit	Salmon Fish Fingers V~ Cheese Bake Chips or Jacket Potato Peas & Mixed Salad Raspberry Ice Cream Sponge Roll or Fresh Fruit
<b>Wk2</b> 19/4/21 10/5/21 7/6/21 28/6/21 6/9/21 27/9/21 18/10/21	French Bread Pizza Pasta Salad Tomato & Cucumber Salsa with Vegetable Sticks Pear & Chocolate Flavoured Muffin with Glass of Milk or Fresh Fruit	Meat Balls in a Tomato Sauce V-Vegetarian Meatballs Pasta Spirals. Garlic Bread Peas & Sweetcorn Apple Scone and Custard or Fresh Fruit	Roast Chicken Breast with Herb stuffing & Gravy V~ Vegetarian Sausage Creamed Potatoes Carrots & Broccoli Crunchy Chocolate Flavoured Cake with fruit juice or Fresh fruit	Freshly Filled Chicken Wrap V-Vegi Nuggets in a wrap Chips or Jacket Potato Grated Carrot or Beetroot salad and Mixed Salad Fruit & Jelly with Cream or Fresh Fruit	Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas Veg Sticks *Banana Split /*Peach Melba Or Fresh Fruit
<b>Wk3</b> 26/4/21 10/5/21 14/6/21 5/7/21 13/9/21 4/10/21	*Creamy Chicken Pasta Bake / Savoury Beef with Yorkshire Pudding Vegetable Pasta Bake Crusty Bread . Creamed Potatoes Peas and Sweetcorn Top Hat Cupcake or Fresh Fruit	Hot Dogs with Onions and Tomato Relish V-Vegetarian Hot Dog Chips Mixed Salad & Veg Sticks Yoghurt with Fresh Fruit Dippers Or Fresh Fruit	Roast Loin of Pork with Gravy and Homemade Herb Stuffing V- Glamorgan Sausage Creamed Potatoes Carrots and Green Beans *Orange & Apple Rokie or *Orange and Apple Muffin with Milk or Fresh Fruit	Homemade Bolognaise V~ Vegetarian Bolognaise Garlic Bread Peas & Sweetcorn Chocolate Flavoured Cookie fruit Juice or Fresh Fruit	Salmon Fish Fingers V-Cheese Bake Creamed Potato Baked Beans or Peas & Vegetable Sticks *Fruit Oat Crumble / *Eve's Pudding with Custard Or Fresh Fruit