

Bwydlen Oed Cynradd – Gaeaf 21/22

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>Wythnos 1</p> <p>1/11/21 22/11/21 13/12/21 10/1/22 31/1/22 28/2/22 21/3/22</p>	<p>*Tikka Masala Cyw Iâr V ~ *Cyrru Llysiau Reis wedi ei ferwi a Bara Naan Llysiau Cymysg</p> <p>Hufen Iâ a Choctel Ffrwythau neu Ffrwyth Ffres</p>	<p>Byrgyr Cig Eidion V - Byrgyr Llysiau Sglodion neu Daten Bob a Bara Crystiog Ffa Pob a Ffyn Llysiau</p> <p>Iogwrt Llaeth y Llan a Darnau o Afal neu Ffrwyth Ffres</p>	<p>Porc wedi'i rostio a Stwffin Perlysiâu a Grefi V ~ Pasta Pob Sawrus Tatws Hufennog Moron a Brocoli</p> <p>Sgonsen Afal Ffres a Chwstard neu Ffrwyth Ffres</p>	<p>Bolognaise Cartref V - Bolognaise Llysiau Sbagnet / Pasta Bara Garleg Pys. India-corn</p> <p>Bisgïen Geirch a Gwydraid o Laeth neu Ffrwyth Ffres</p>	<p>Bysedd Pysgod Eog V - Bysedd Di-bysgod Tatws Hufennog Pys a Ffyn Llysiau</p> <p>Sbwng Blas Siocled a Saws Gwyn neu Ffrwyth Ffres</p>
<p>Wythnos 2</p> <p>8/11/21 29/11/21 20/12/21 17/1/22 7/2/22 7/3/22 28/3/22</p>	<p>*Pastai Mins Eidion neu *Pasticio V - *Pasta Pob a Llysiau neu Bastai Llysiau *Bara Garleg/*Tatws Hufennog Pys a Moron Cwci Blas Siocled a Gwydraid o Laeth neu Ffrwyth Ffres</p>	<p>Pizza Bara Ffrengig Sglodion India-corn a Ffyn Llysiau</p> <p>*Salad Ffrwythau/*Dysgl o Ffrwythau</p>	<p>Selsig wedi'u pobi a Grefi V ~ Selsig Llysieuol a Grefi Pwddin Swydd Efrog Tatws Hufennog Moron a Brocoli</p> <p>*Pwddin Reis a Coulis Ffrwythau / Pwddin Lemwn Ysgafn cartref a Chwstard neu Ffrwyth Ffres</p>	<p>Pastai'r Bwthyn / Sbagnet a Chyw Iâr Sbagnet a Llysiau Bara Crystiog Pys ac India-corn</p> <p>Cacen Greisionllyd ag iddi flas Siocled a Sudd Ffrwythau neu Ffrwyth Ffres</p>	<p>Bysedd Pysgod V - Bysedd Di-bysgod Tatws Hufennog Ffa Pob neu Bys a Ffyn Llysiau</p> <p>Pwddin Efa cartref a Chwstard neu Ffrwyth Ffres</p>
<p>Wythnos 3</p> <p>15/11/21 6/12/21 5/1/22 24/1/22 14/2/22 14/3/22 3/4/22</p>	<p>Peli Cig mewn *Grefi neu *Saws Tomato V - Peli Llysieuol *Tatws Hufennog / *Pasta Llysiau Cymysg</p> <p>Rhól Sbwng Hufen Iâ neu Ffrwyth Ffres</p>	<p>*Cawl Cartref / *Cig Eidion Sawrus a Phwddin Swydd Efrog *V - Cawl Llysiau *Caserol Llysiau a Phwddin Swydd Efrog Bara Crystiog *Tatws Hufennog Pys ac India-corn Crymbl Ffrwythau a Chwstard neu Ffrwyth Ffres</p>	<p>Brest Cyw Iâr wedi'i rhostio a Grefi V - Pasta Pob Tomato Stwffin Perlysiâu cartref Tatws Hufennog Moron a Ffa Gwyrdd</p> <p>Bisgïen Frau cartref a Llaeth a Ffrwyth Ffres</p>	<p>Griliau Cyw Iâr V - Cnapiâu Llysieuol 'Wynebau' Tatws Ffa Pob a Ffyn Llysiau</p> <p>Cacen 'Het Fawr' ag iddi flas Siocled neu Ffrwyth Ffres.</p>	<p>Bysedd Pysgod Eog V - Bysedd Di-bysgod Sglodion neu Daten Bob Pys a Salad Cymysg</p> <p>Sgonsen Ffrwythau ag iddi flas siocled a Saws Gwyn neu Ffrwyth Ffres</p>

Primary Age Menu-Winter 2021/22

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 1/11/21 22/11/21 13/12/21 10/1/22 31/1/22 28/2/22 21/3/22	*Chicken Tikka Masala V~ Vegetable *Curry Boiled Rice & Naan Bread Mixed Vegetables Ice Cream and Fruit Cocktail or Fresh Fruit	Beef Burger V-Vegi Burger Chips or Jacket Potato Crusty Bread Baked Beans & Vegetable Sticks Llaeth y Llan Yoghurt with Apple Dippers 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	Salmon Fish Fingers V~ Fishless Fingers Creamed Potatoes Peas & Vegetable Sticks Chocolate Flavoured Sponge with White Sauce or Fresh Fruit
Wk2 8/11/21 29/11/21 20/12/21 17/1/22 7/2/22 7/3/22 28/3/22	*Minced Beef Pie or *Pasticio V-*Vegetable Pasta Bake or Vegetable Pie *Garlic Bread/*Creamed Potato Peas & Carrots Chocolate Flavoured Cookie with a Glass of Milk or Fresh Fruit	French Bread Pizza Chips Sweetcorn & Vegetable Sticks *Fruit Salad/*Fruit Platter	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	Cottage Pie / Spaghetti Chicken Vegetable Spaghetti Crusty Bread Peas and Sweetcorn Crispy Chocolate flavoured cake with Fruit Juice or Fresh Fruit	Fish Fingers V~ Fishless Fingers Creamed Potatoes Baked Beans or Peas & Vegetable Sticks Homemade Eve's Pudding with Custard or Fresh Fruit
Wk3 15/11/21 6/12/21 5/1/22 24/1/22 14/2/22 14/3/22 3/4/22	Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Meatballs *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 Smiles Baked Beans & veg sticks Chocolate Flavoured Top Hat Cup Cake Or Fresh Fruit.	Salmon Fish Fingers V-Fishless Fingers Chips or Jacket Potato Peas & mixed Salad Chocolate Flavoured Fruity Scone with White Sauce Or Fresh Fruit