

COMMUNITY MEALS MENU 2023

WEEK 1

WEEK 2

| | Monday Delivered Hot or Frozen | Tuesday Delivered Hot or Frozen | Wednesday Delivered Hot or Frozen | Thursday Delivered Hot or Frozen | Friday Delivered Hot or Frozen | Frozen Weekend Meals | Monday Delivered Hot or Frozen | Tuesday Delivered Hot or Frozen | Wednesday Delivered Hot or Frozen | Thursday Delivered Hot or Frozen | Friday Delivered Hot or Frozen | Frozen Weekend Meals |
|---|--|--|---|--|--|--|--|---|--|--|---|--|
| Main Meal A | Savoury Minced Beef with Skin on New Potatoes, Green Beans and Carrots | Sliced Pork in Gravy with Mashed and Roast Potatoes, Sprouts and Carrots | Cottage Pie with Sprouts and Mixed Vegetables | Sliced Chicken in Gravy with Mashed and Roast Potatoes, Broccoli and Carrots | Minced Beef and Onion Pie with Potato Wedges, Peas and Carrots | | Steak and Mushroom Casserole with Potato Wedges and Green Beans | Sliced Turkey in Gravy with Mashed and Roast Potato, Sprouts and Carrots | Savoury Lamb & Dumplings with Mashed Potato, Swede and Green Beans | Sliced Beef in Gravy with Mashed and Roast Potato. Swede and Carrots | Cod in Cheese Sauce with Skin on New Potatoes, Peas and Carrots | |
| Main Meal B | Chicken in Mushroom Sauce with Herby Diced Potatoes and Broccoli | Salmon & Broccoli Hotpot with Sweetcorn and Peas | All Day Breakfast- (Bacon, Sausages, Omelette, Hash browns, Tomatoes and Baked Beans) | Sausages in Onion Gravy with Mashed Potato and Peas | Pork with Cream & Mushroom Sauce and Vegetable Rice | | Chicken Curry and Rice with Peas | All Day Breakfast- Bacon, Sausages, Omelette, Hash browns, Tomatoes and Baked Beans | Chicken Chasseur with Sauté Potatoes and Mixed Vegetables | Sweet & Sour Chicken with Vegetable Rice | Chilli Con Carne with Rice and Peas | |
| Vegetarian | Omelette with Hash Browns and Baked Beans | Vegetable Casserole with Herby Diced Potatoes and Green Beans | Cauliflower Cheese with Sauté Potatoes, Carrots and Peas | Vegetable & Bean Goulash with Herby Diced Potatoes, Carrots and Broccoli | Cheese & Broccoli Pasta with Mixed Vegetables | Various selections taken from the week (Delivered on a Friday) | Cheese, Onion and Potato Pie with Mashed potato and Mixed Vegetables | Italian Tomato Pasta Bake with Sweetcorn and Peas | Omelette with Hash Browns and Baked Beans | Cheese & Pasta Bake with Sweetcorn and Peas | Leek, Onion & Potato Hotpot with Mixed Vegetables | Various selections taken from the week (Delivered on a Friday) |
| Pureed (L4) Minced (L5) Soft (L6) | Chicken Casserole | Sausage in Gravy | Cottage Pie | Chicken and Stuffing | Fisherman Pie | | Shepherd's Pie | Chicken and Stuffing | Lancashire Hotpot | Roast Beef | Fish in Cheese Sauce | |
| Gluten Free | Chicken Casserole | Vegetable Chilli & Rice | Cottage Pie | Roast Chicken | Lamb Casserole | | Harvester Casserole | Roast Chicken | Beef Casserole | Minced Chicken | Cottage Pie | |
| Desserts Delivered Frozen | Jam Sponge & Custard | Apple Pie & Custard | Chocolate Sponge & Custard | Rhubarb Crumble & Custard | Syrup Sponge & Custard | | Cherry Pie & Custard | Lemon Sponge & Custard | Rice Pudding & Jam | Chocolate Sponge & Custard | Apple Crumble & Custard | |
| Cakes | Chocolate Fudge Brownie | Lemon Cake | Chocolate & Orange Muffin | Ginger Cake | Blueberry Muffin | | Toffee Cake | Chocolate Brownie | Carrot Cake | Chocolate Fudge Cake | Bakewell Slice | |

Alternative desserts also available daily:
 -Rice Pudding Pot
 -Fruit in Juice
 -Low Sugar
 -Jelly Pot



BWYDLEN PRYDAU YN Y GYMUNED 2023

WYTHNOS 1

WYTHNOS 2

| | Dydd Llun (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Mawrth (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Mercher (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Iau (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Gwener (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Prydau wedi'u rhewi ar gyfer y Penwythnos | Dydd Llun (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Mawrth (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Mercher (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Iau (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Dydd Gwener (Prydau wedi'u dosbarthu'n boeth neu wedi'u rhewi) | Prydau wedi'u rhewi ar gyfer y Penwythnos |
|--|--|--|---|--|---|--|--|--|--|---|--|--|
| Prif Fwydlen A | Brwggig Eidion Sawrus gyda Tatws Newydd gyda Chroen Arnynt, Ffa Gwyrdd a Moron | Porc wedi'i Slesio mewn Grefi gyda Tatws Rhôst a wedi'i Stwnsio, Sbrowts a Moron | Pastai'r Bwthyn gyda Sbrowts a Llysiau Cymysg | Cyw Iâr wedi'i Slesio mewn Grefi gyda Tatws Rhôst a Thatws wedi'i Stwnsio, Brocoli a Moron | Pastai Briwggig Eidion a Winwns gyda Tatws Trionglog, Pys a Moron | | Caserol Stêc a Madarch gyda Tatws Trionglog a Ffa Gwyrdd | Twrci wedi'i Slesio mewn Grefi gyda Tatws Rhôst a Thatws wedi'i Stwnsio, Sbrowts a Moron | Cig Oen Sawrus a Thwmpenni (Dumplings) gyda Tatws Stwnsh, Swedsen a Ffa Gwyrdd | Cig eidion wedi'i Slesio mewn Grefi gyda Tatws Rhôst a Thatws wedi'i stwnsio. Swedsen a Moron | Penfras mewn Saws Caws gyda Tatws Newydd gyda Chroen Arnynt, Pys a Moron | |
| Prif Fwydlen B | Cyw Iâr mewn saws madarch gyda Ciwbiau Tatws â Pherlyisiau a Brocoli | Caserol Eog a Brocoli gyda India-corn a Pys | Brecwast Llawn- (Bacwn, Selsig, Omled, Hash brown, Tomatos a Ffa Pob) | Selsig mewn Grefi Winwns gyda Tatws Stwnsh a Pys | Porc gyda Saws Hufen a Madarch a Reis â Llysiau | | Cyri Cyw Iâr a Reis gyda Pys | Brecwast Llawn- (Bacwn, Selsig, Omled, Hash brown, Tomatos a Ffa Pob) | Chasseur Cyw iâr gyda Tatws wedi'u Ffrio a Llysiau Cymysg | Cyw Iâr Melys a Sur gyda Reis â Llysiau | Chilli Con Carne gyda Reis a Pys | |
| Dewis Llysieuol | Omled gyda Hash Brown a Ffa Pob | Caserol Llysiau gyda Ciwbiau Tatws â Pherlyisiau a Ffa Gwyrdd | Blodfresych Caws gyda Tatws wedi'u Ffrio, Moron a Pys | Gwllash Llysiau a Ffa gyda Ciwbiau Tatws â Pherlyisiau, Moron a Brocoli | Pasta Caws a Brocoli gyda Llysiau Cymysg | Dewisiadau amrywiol o'r wythnos (wedi'u dosbarthu ar ddydd Gwener) | Pastai Caws, Winwns a Thatws gyda Tatws Stwnsh, a Llysiau Cymysg | Pasta Tomato Eidalaidd wedi'i bobi gyda India-corn a Pys | Omled gyda Hash Brown a Ffa Pob | Pasta Caws wedi'i Bobi gyda India-corn a Pys | Caserol Cennin, Winwns a Thatws gyda Llysiau Cymysg | Dewisiadau amrywiol o'r wythnos (wedi'u dosbarthu ar ddydd Gwener) |
| Puredig (L4) Mâl (L5) Meddal (L6) | Caserol Cyw Iâr | Selsig mewn Grefi | Pastai'r Bwthyn | Cyw Iâr a Stwffin | Pei Pysgod | | Pastai'r Bugail | Cyw Iâr a Stwffin | Caserol Swydd Gaerhirfryn | Cig Eidion | Pysgod mewn Saws Caws | |
| Dim Glwten | Caserol Cyw Iâr | Chilli Llysieuol a Reis | Pastai'r Bwthyn | Cyw Iâr | Caserol Cig Oen | | Caserol y Cynaeafwr | Cyw Iâr | Caserol Cig Eidion | Briwggig Cyw Iâr | Pastai'r Bwthyn | |
| Pwddinau wedi'u dosbarthu wedi'u rhewi | Sbwng Jam a Cwstard | Tarten Afal a Cwstard | Sbwng Siocled a Cwstard | Crymbl Riwbob a Cwstard | Sbwng Surop a Cwstard | | Tarten Geirios a Cwstard | Sbwng Lemon a Cwstard | Pwddin Reis a Jam | Sbwng Siocled a Cwstard | Crymbl Afal a Cwstard | |
| Teisennau | Browni Siocled | Teisen Lemwn | Myffin Siocled Oren | Teisen Sinsir | Myffin Llus | | Teisen Daffi | Browni Siocled | Teisen Foron | Teisen Siocled | Sleisen Bakewell | |

Mae pwddinau eraill hefyd ar gael bob dydd:
 -Pot Pwddin Reis
 -Ffrwythau mewn sudd
 -Pot Jeli Siwgr Isel