

BWYDLEN YSGOLION UWCHRADD SECONDARY SCHOOL MENU



WYTHNOS 1 WEEK 1

DYDD LLUN DYDD MAWRTH DYDD MERCHER DYDD IAU DYDD GWENER MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Prif Fwydlen Main Meal	Bolognese Pasta gyda Bara garlleg India-corn, Pys, Salad tymhorol	Cyw iâr BBQ toddi gyda Sglodion neu Thatws Pob Pys, Ffa Pob, Coleslaw, Salad tymhorol	Rhost y Dydd gyda Tatws Foron, Swêds Ffa Gwyrdd, Grefi, Salad tymhorol	Cyri'r Dydd gyda Reis Brown neu Darnau Tatws Bara Naan Bach, Salad tymhorol	Pysgod & Sglodion Ffa pob, Pys, Salad tymhorol	Pasta Bolognese with Garlic Bread Sweetcorn, Peas, Seasonal Salad	BBQ Chicken Melt with Chips or Jacket Potato Peas, Baked Beans, Coleslaw, Seasonal Salad	Roast of the Day with Potatoes Carrots, Swede Green Beans, Gravy, Seasonal Salad	Curry of the Day with Brown Rice or Simply Wedges Mini Naan Bread, Seasonal Salad	Fish & Chips Baked Beans, Peas, Seasonal Salad
Pwddin Dessert	Waffl Gwlad Belg & Hufen-lâ Neu Ffrwythau & Hufen-lâ	Browni gellyg	Crymb! Afalau & Chwstard	Pwddin reis	Cwci Cartref	Belgium Waffle & Icecream or Fruit & Ice-cream	Fruity Pear Brownie	Apple Crumble & Custard	Rice Pudding	Homemade Cookie
Ffrwythau ffres neu iogwrt ar gael ddioidl						Fresh Fruit or Yoghurt available daily				
Dewis Llysieuol Vegetarian	Bolognese Quorn gyda Bara garlleg India-corn, Pys, Salad tymhorol	Ffiled Quorn mewn BBQ Saws gyda Sglodion neu Thatws Pob Pys, Ffa Pob, Coleslaw, Salad tymhorol	Rhost Llysieuol y Dydd gyda Tatws Foron, Swêds Ffa Gwyrdd, Grefi, Salad tymhorol	Llysieuol Cyri'r Dydd gyda Reis Brown neu Darnau Tatws Bara Naan Bach, Salad tymhorol	Byrger Llysieuol mewn rhôl gyda Sglodion Ffa pob, Pys, Salad tymhorol	Quorn Bolognese with Garlic Bread Sweetcorn, Peas, Seasonal Salad	Quorn Fillet in BBQ Sauce with Chips or Jacket Potato Peas, Baked Beans, Coleslaw, Seasonal Salad	Vegetarian Roast of the Day with Potatoes Carrots, Swede, Green Beans, Gravy, Seasonal Salad	Vegetarian Curry of the Day with Brown Rice or Simply Wedges Mini Naan Bread, Seasonal Salad	Vegetarian Burger in a roll with Chips Baked Beans, Garden Peas, Seasonal Salad
Bwyd Cynnes i Fynd Hot Grab & Go	Ci Poeth Mawr	Cyw iâr Brest mewn Bynsen gyda Salad tymhorol (mayo, dewisol)	Cig Rhost Cynnes y Dydd Bagét gyda Grefi	Pizza Bara Ffrengig	Prydau Siop Sglods y dydd Sglodion & Grefi/Saws Cyri	Jumbo Hot Dog	Chicken Breast in a Bun with Seasonal Salad (mayo, optional)	Hot Roast of the Day Baguette with Gravy	French Bread Pizza	Chip Shop Special Chips & Gravy/Curry Sauce
Bargen Pryd Cynnes Hot Meal Deal	Pizza Bara Ffrengig Dŵr Cacen Gwpan Cartref	Dippers Quorn Tortilla & Salad Dŵr Browni gellyg	BLT Tortilla Dŵr Myffin Bach	Dippers Quorn Tortilla & Salad Dŵr Ffrwythau/logwrt	Bagét ham a chaws Dŵr Cwci Cartref	French Bread Pizza Water Homemade Cupcake	Quorn Dipper Wrap & Salad Water Fruity Pear Brownie	BLT Wrap Water Mini Muffin	Quorn Dipper Wrap & Salad Water Fruit/Yoghurt	Ham & Cheese Baguette Water Home Baked Cookie

Also available

Pasta King gyda saws y dydd, gyda chaws ar ei ben (dewisol, cost ychwanegol)
Pasta King with Sauce of the day with Cheese Topping (optional, charges apply)

Tatws pob gyda'ch dewis chi o lenwad wedi'i weini gyda salad.
Filled Jacket Potato With A Choice of Fillings Served with a Side Salad.

hefyd ar gael

Mehefin June 2023					Gorffennaf July 2023					Medi September 2023					Hydref October 2023					Tachwedd November 2023					Rhagfyr December 2023				
Llun	Mawr	Mer	Iau	Gwen	Llun	Mawr	Mer	Iau	Gwen	Llun	Mawr	Mer	Iau	Gwen	Llun	Mawr	Mer	Iau	Gwen	Llun	Mawr	Mer	Iau	Gwen	Llun	Mawr	Mer	Iau	Gwen
12	13	14	15	16	3	4	5	6	7	4	5	6	7	8	2	3	4	5	6	1	2	3	4	5	4	5	6	7	8
19	20	21	22	23	10	11	12	13	14	11	12	13	14	15	9	10	11	12	13	6	7	8	9	10	11	12	13	14	15
26	27	28	29	30	17	18	19	20	21	18	19	20	21	22	16	17	18	19	20	13	14	15	16	17	18	19	20	21	22
					24	25	Egwyll yr Haf / Summer Break			25	26	27	28	29	23	24	25	26	27	20	21	22	23	24	22	23	24	25	26

Hanner Tymor 30th-3rd Half Term
Diwedd Tymor 22nd-5th Term ends

Gallwn ni hefyd ddarparu ar gyfer deietau fegan a meddygol.
Mae ein prydau'n cydymffurfio â gofynion rheoliadau Safonau a Gofynion Maeth Llywodraeth Cymru.

We can also provide for vegan & medically prescribed diets.

All our meals comply with the Welsh Government's Food & Drink Standards



BWYDLEN YSGOLION UWCHRADD SECONDARY SCHOOL MENU



WYTHNOS 2 WEEK 2

DYDD LLUN DYDD MAWRTH DYDD MERCHER DYDD IAU DYDD GWENER MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Prif Fwydlen Main Meal	Lasagne gyda Bara garleg Broccoli, Salad tymhorol	Bagel brest cyw iâr gyda Sglodion Pys, India-corn, Coleslaw, Salad tymhorol	Rhost y Dydd gyda Tatws Foron, Brocoli, Lysiau Cymysg, Grefi, Salad tymhorol	Cyri'r Dydd gyda Reis Brown neu Darnau Tatws Bara Naan Bach, Salad tymhorol	Pysgod & Sglodion Ffa pob, Pys, Salad tymhorol	Lasagne with Garlic Bread Broccoli, Seasonal Salad	Chicken Breast Bagel with Chips Peas, Sweetcorn, Coleslaw, Seasonal Salad	Roast of the Day with Potatoes Carrots, Broccoli, Mixed Vegetables, Gravy, Seasonal Salad	Curry of the Day with Brown Rice or Simply Wedges Mini Naan Bread, Seasonal Salad	Fish & Chips Baked Beans, Peas, Seasonal Salad
Pwddin Dessert	Sbwng Taffi Afal & Chwstard	Cacenn Gwpan wedi'i haddurno	Cwci Cartref	Pice ar y maen	Sgon gyda jam a hufen	Toffee Apple Sponge & Custard	Decorated Cupcake	Homemade Cookie	Welsh Cake	Jam & Cream Scone
	Ffrwythau ffres neu iogwrt ar gael ddiol					Fresh Fruit or Yoghurt available daily				
Dewis Llysieuol Vegetarian	Lasagne Quorn gyda Bara garleg Broccoli, Salad tymhorol	Ffiled Quorn Bagel gyda Sglodion Pys, India-corn, Coleslaw, Salad tymhorol	Rhost Llysieuol y Dydd gyda Tatws Foron, Brocoli, Lysiau Cymysg, Grefi, Salad tymhorol	Llysieuol Cyri'r Dydd gyda Reis Brown neu Darnau Tatws Bara Naan Bach, Salad tymhorol	Pei Caws & Thatws Ffa pob, Pys, Salad tymhorol	Quorn Lasagne with Garlic Bread Broccoli, Seasonal Salad	Quorn Fillet Bagel with Chips Peas, Sweetcorn, Coleslaw, Seasonal Salad	Vegetarian Roast of the Day with Potatoes Carrots, Broccoli, Mixed Vegetables, Gravy, Seasonal Salad	Vegetarian Curry of the Day with Brown Rice or Simply Wedges Mini Naan Bread, Seasonal Salad	Cheese & Potato Pie Baked Beans, Peas, Seasonal Salad
Bwyd Cynnes i Fynd Hot Grab & Go	Burrito cig eidion	Bagét bacwn a chaws	Cig Rhost Cynnes y Dydd Bagét gyda Grefi	Ci Poeth Mawr	Prydau Siop Sglods y dydd Sglodion & Grefi/Saws Cyri	Beef Burrito	Bacon & Cheese Baguette	Hot Roast of the Day Baguette with Gravy	Jumbo Hot Dog	Chip Shop Special Chips & Gravy/Curry Sauce
Bargen Pryd Cynnes Hot Meal Deal	Cyw iâr Popcorn Tortilla & Salad Dŵr Taffi Afal Cacenn Gwpan	Dippers Quorn Tortilla & Salad Dŵr Cacenn Gwpan wedi'i haddurno	Rholyn Selsig Figan Dŵr Cwci	Pizza Bara Ffrengig Dŵr Ffrwythau/logwrt	Byrgyr mewn rhôl & Salad Dŵr Sgon gyda jam a hufen	Popcorn Chicken Wrap & Salad Water Toffee Apple Cupcake	Quorn Dipper Wrap & Salad Water Decorated Cupcake	Vegan Sausage Roll Water Home Baked Cookie	French Bread Pizza Water Fruit/Yoghurt	Burger in a Roll & Salad Water Jam & Cream Scone

Also available

Pasta King gyda saws y dydd, gyda chaws ar ei ben (dewisol, cost ychwanegol)
Pasta King with Sauce of the day with Cheese Topping (optional, charges apply)

heliw ar gael

Tatws pob gyda'ch dewis chi o lenwad wedi'i weini gyda salad.
Filled Jacket Potato With A Choice of Fillings Served with a Side Salad.

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