

**WYTHNOS 1 / WEEK 1**

**BWYDLEN YSGOLION CYNRADD / PRIMARY SCHOOL MENU**

**DYDD LLUN  
MONDAY**

**DYDD MAWRTH  
TUESDAY**

**DYDD MERCHER  
WEDNESDAY**

**DYDD IAU  
THURSDAY**

**DYDD GWENER  
FRIDAY**

**PRIF BRYD MAIN MEAL**

<p><b>Bolognese Pasta Neu</b> <b>Pizza Caws</b> Ciwbiau Tatws â Pherlysiau</p> <p>Prif gyrsiau wedi'u gweini gyda dewis o India-corn, Pys, Salad tymhorol</p> <hr/> <p>Pasta Bolognese Or <b>Cheese Pizza</b></p> <p>Mains served with a choice of Herby Diced Potatoes, Sweetcorn, Peas, Seasonal Salad</p>	<p><b>Bysedd Pysgod Neu</b> <b>Pei Caws a Thatws</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Ffa Pob, Pys, Salad tymhorol</p> <hr/> <p>Fish Fingers Or <b>Cheese &amp; Potato Pie</b></p> <p>Mains served with a choice of Potatoes, Baked Beans, Peas, Seasonal Salad</p>	<p><b>Brest Cyw Iâr Neu</b> <b>Ffiled Figan 'Quorn'</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Foron, Swêds, Ffa Gwyrd, Grefi, Salad tymhorol</p> <hr/> <p>Chicken Breast Or <b>Quorn Vegan Fillet</b></p> <p>Mains served with a choice of Potatoes, Carrots, Swede, Green Beans, Gravy, Seasonal Salad</p>	<p><b>Ham Gamwn Neu</b> <b>Pasta â saws Caws a Tomato</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws, Lysiau Cymysg, Pys, Salad tymhorol</p> <hr/> <p>Gammon Ham Or <b>Cheese &amp; Tomato Sauce with Pasta</b></p> <p>Mains served with a choice of Potatoes, Mixed Vegetables, Peas, Seasonal Salad</p>	<p><b>Selsig Porc Neu</b> <b>'Dippers' Figan Quorn</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Sglodion Tatws, Pys, Ffa Pob, Salad tymhorol</p> <hr/> <p>Pork Sausages Or <b>Quorn Vegan Dippers</b></p> <p>Mains served with a choice of Chipped Potatoes, Peas, Baked Beans, Seasonal Salad</p>
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**PWDIN DESSERT**

<b>Ffrwythau a Hufen Iâ</b> Fruit & Ice Cream	<b>Browni gellyg</b> Fruity Pear Brownie	<b>Crymbl Afalau gyda Chwstard</b> Apple Crumble and Custard	<b>Jeli ffrwythau</b> Fruit Jelly	<b>Ffrwythau Dydd Gwener</b> Fruity Friday
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**hefyd ar gael**

**Also available**

Ffrwythau wedi'u paratoin ffres. Freshly prepared fruit.

logwrt wedi'i rewi neu gaws a chraceri. Frozen Yoghurt or cheese and crackers.

Llaeth a dŵr ar gael gyda phob pryd. Milk and water available with every meal.

Bara 50/50 di-ben-draw. Unlimited 50/50 bread.

Rholiau Ffres, Brechdanau a Thatws pob gyda dewis o Ham, Caws, Samwn neu Diwna. Fresh Rolls, Sandwiches and Jacket potatoes with a choice of Ham, Cheese, Salmon or Tuna.

Gallwn hefyd ddarparu ar gyfer diet fegan a diet a ragnodwyd yn feddygol. We can also provide for vegan & medically prescribed diets. Mae ein prydau'n cydymffurfio â gofynion rheoliadau Safonau a Gofynion Maeth Llywodraeth Cymru. All our meals comply with the Welsh Government's Food & Drink Standards

Hydref October 2023					Tachwedd November 2023					Rhagfyr December 2023				
Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri	Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri	Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri
2	3	4	5	6	10	11	12	13	14	18	19	20	21	22
9	10	11	12	13	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	20	21	22	23	24	27	28	29	30	

Hanner Tymor 30th-3rd Half Term

Diwedd Tymor 22nd-5th Term ends

**WYTHNOS 2 / WEEK 2**

**BWYDLEN YSGOLION CYNRADD / PRIMARY SCHOOL MENU**

**DYDD LLUN  
MONDAY**

**DYDD MAWRTH  
TUESDAY**

**DYDD MERCHER  
WEDNESDAY**

**DYDD IAU  
THURSDAY**

**DYDD GWENER  
FRIDAY**

**PRIF BRYD MAIN MEAL**

<p>Cyw Iâr a Tomato Pasta wedi'u Pobi Neu <b>Selsig Lllysieuol</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Pob, Brocoli, Salad tymhorol</p>	<p>Pizza 'Chicago Town' Neu <b>'Dippers' Figan Quorn</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Pyffs Tatws Pys, India-corn, Salad tymhorol</p>	<p>Tafelli o Dwrci Neu <b>Selsig Figan 'Quorn'</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws Foron, Broccoli, Lysiau Cymysg, Grefi, Salad tymhorol</p>	<p>Darnau o Gyw Iâr Brest Neu <b>Oiwynion Caws</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Gwyrdd, Ffa Pob, Salad tymhorol</p>	<p>Ffiled o Bysgod Bara Neu <b>Rholyn Selsig Figan</b></p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Sglodion Tatws Pys, Ffa Pob Salad tymhorol</p>
<p>Chicken &amp; Tomato Pasta Bake Or <b>Veggie Sausage</b></p> <p>Mains served with a choice of Potatoes Baked Beans, Broccoli, Seasonal Salad</p>	<p>Chicago Town Pizza Or <b>Quorn Vegan Dippers</b></p> <p>Mains served with a choice of Potato Puffs Peas, Sweetcorn, Seasonal Salad</p>	<p>Sliced Turkey Or <b>Quorn Vegan Sausage</b></p> <p>Mains served with a choice of Potatoes Carrots, Broccoli, Mixed Vegetables, Gravy, Seasonal Salad</p>	<p>Chicken Breast Chunks Or <b>Cheese Wheels</b></p> <p>Mains served with a choice of Potatoes Green Beans, Baked Beans, Seasonal Salad</p>	<p>Breaded Fish Fillet Or <b>Vegan Sausage Roll</b></p> <p>Mains served with a choice of Chipped Potatoes Peas, Baked Beans Seasonal Salad</p>

**PWDIN DESSERT**

<p>Sbwng Taffi Afal a Chwstard Toffee Apple Sponge &amp; Custard</p>	<p>Ffrwythau mewn Jeli Fruit in Jelly</p>	<p>Cwci â darnau o Afal Cookie with Apple Slices</p>	<p>Ffrwythau a Hufen Iâ Fruit &amp; Ice Cream</p>	<p>Ffrwythau Dydd Gwener Fruity Friday</p>
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We can also provide for vegan & medically prescribed diets.  
Mae ein prydau'n cydymffurfio â gofynion rheoliadau Safonau a Gofynion Maeth Llywodraeth Cymru.  
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Hydref October 2023

Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

Hanner Tymor 30th-3rd Half Term

Tachwedd November 2023

Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri
30	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

Rhagfyr December 2023

Llun Mon	Mawr Tues	Mer Wed	Iau Thur	Gwen Fri
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

Diwedd Tymor 22nd-5th Term ends

**hefyd ar gael!**

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**Also available daily!**

Rholiau Ffres, Brechdanau a Thatws pob gyda dewis o Ham, Caws, Samwn neu Diwna. Fresh Rolls, Sandwiches and Jacket potatoes with a choice of Ham, Cheese, Salmon or Tuna.