

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

PWDIN DESSERT

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

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.

Also available daily!

Gallwn hefyd ddarparu ar gyfer diet fegan a diet a ragnodwyd yn feddygol. 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.

Medi September 2024

Llun	Mawr	Mer	Iau	Gwen
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	1	2	3	4

Hydref October 2024

Llun	Mawr	Mer	Iau	Gwen
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
Hanner Tymor 28th-1st Half Term				

Tachwedd November 2024

Llun	Mawr	Mer	Iau	Gwen
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Rhagfyr December 2024

Llun	Mawr	Mer	Iau	Gwen
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
Nadolig Z3rd - 3rd Christmas Holidays				

GWELER DYDDIADAU PELLACH YMLAEN :
WWW.RCTCBC.GOV.UK/ARLWYO

SEE FURTHER DATES ON:
WWW.RCTCBC.GOV.UK/SCHOOLCATERING

WYTHNOS 1 WEEK 1

WYTHNOS 2 WEEK 2

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 Selsig Llysieuol</p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Pob, Brocoli, Salad tymhorol</p>	<p>Pizza 'Chicago Town' Neu 'Dippers' Figan Quorn</p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Pyffs Tatws Pys, India-corn, Salad tymhorol</p>	<p>Tafelli o Dwrci Neu Selsig Figan 'Quorn'</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 Oiwynion Caws</p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Tatws Ffa Gwyrdd, Ffa Pob, Salad tymhorol</p>	<p>Ffiled o Bysgod Bara Neu Rholyn Selsig Figan</p> <p>Prif gyrsiau wedi'u gweini gyda dewis o Sglodion Tatws Pys, Ffa Pob, Salad tymhorol</p>
<p>Chicken & Tomato Pasta Bake Or Veggie Sausage</p> <p>Mains served with a choice of Potatoes Baked Beans, Broccoli, Seasonal Salad</p>	<p>Chicago Town Pizza Or Quorn Vegan Dippers</p> <p>Mains served with a choice of Potato Puffs Peas, Sweetcorn, Seasonal Salad</p>	<p>Sliced Turkey Or Quorn Vegan Sausage</p> <p>Mains served with a choice of Potatoes Carrots, Broccoli, Mixed Vegetables, Gravy, Seasonal Salad</p>	<p>Chicken Breast Chunks Or Cheese Wheels</p> <p>Mains served with a choice of Potatoes Green Beans, Baked Beans, Seasonal Salad</p>	<p>Breaded Fish Fillet Or Vegan Sausage Roll</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 & 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 & Ice Cream</p>	<p>Ffrwythau Dydd Gwener Fruity Friday</p>
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hefyd ar gael

Paratoin ffres!
Ffrwythau wedi'u paratoin ffres. Freshly prepared fruit.

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WYTHNOS 1 WEEK 1

WYTHNOS 2 WEEK 2

