

HYDREF 2024 AUTUMN 2024
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

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

PWDIN DESSERT

Ffrwythau a Hufen Iâ Fruit & Ice Cream	Browni gelllyg Fruity Pear Brownie	Crymbl Afalau gyda Chwstard Apple Crumble and Custard	Jeli ffrwythau Fruit Jelly	Ffrwythau Dydd Gwener Fruity Friday
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heryn a gael
ffrwythau
ffrwythau
weddi'u
ffres.
freshly
prepared fruit.

logurt wedi'i
rewi neu gaws a
chrefft.
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, Brechednau 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.

Nis gellir gael
ffrwythau

Gallwn hefyd ddarparu ar gyfer diet fegan a diet a rognodwyd yn feddygol. Mae ein prydau'n cydymffurfio â gofynion rheoladau 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.

Medd September 2024							Hydref October 2024						
Lluon	Mawr	Mer	Tau	Gau	Lluon	Mawr	Lluon	Mawr	Tau	Gau	Lluon	Mawr	Tau
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Mon	Tue	Wed	Thur	Fri	Mon	Tue
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	1	2	3	4	5	29	30	1	2	3	4	5
Tachwedd November 2024							Rhagfyr December 2024						
Lluon	Mawr	Mer	Tau	Gau	Lluon	Mawr	Lluon	Mawr	Tau	Gau	Lluon	Mawr	Tau
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Mon	Tue	Wed	Thur	Fri	Mon	Tue
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	1	2	3	4	5	29	30	1	2	3	4	5
Tudor 2024 - 3rd Christmas Holiday							Tudor 2024 - 3rd Christmas Holiday						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	1	2	3	4	5	29	30	1	2	3	4	5

GWELER DYDDIADAU PELLACH YMLAEN:
WWW.ACTOBC.GOV.UK/ARL.WVO

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

WYTHNOS 1
WEEK 1

WYTHNOS 2
WEEK 2

RHONDDA CYNON TAF