

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

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

PWDIN DESSERT

Shwng Taffi Afal a Chwstard Toffee Apple Sponge & Custard	Ffrwythau mewn Jeli Fruit in Jelly	Cwci â darnau o Afal Cookie with Apple Slices	Ffrwythau a Hufen Iâ Fruit & Ice Cream	Ffrwythau Dydd Gwener Fruity Friday
--	---------------------------------------	--	---	--

helfyddid

ffrwythau wedi'u paratoin ffres. Freshly prepared fruit.

logurt wedi'i rewi neu gaws a chraceti. Frozen yoghurt or cheese and crackers.

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

Bara 50/50 di-ben-draw, unlimited 50/50 bread.

Also available

Rholiau ffres, brechdanau a caws, Samwn neu Divna. Thatws pob gyda dewis o Ham, Jacket Potatoes with a choice of Ham, Cheese, Salmon or Tuna.

Gallwn helpu chi ddarparu ar gyfer diet fegan a diet a ragnodwyd yn feddygol. Mae ein prydau'n cydymffurfio â gofynion rheolaiddau 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											
Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue
2	3	4	5	6	30	1	2	3	4	1	2
9	10	11	12	13	7	8	9	10	11	8	9
16	17	18	19	20	14	15	16	17	18	15	16
23	24	25	26	27	21	22	23	24	25	22	23
30	1	2	3	4	28	29	30	1	2	29	30

Hydref October 2024											
Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue
1	2	3	4	5	1	2	3	4	5	1	2
8	9	10	11	12	8	9	10	11	12	8	9
15	16	17	18	19	15	16	17	18	19	15	16
22	23	24	25	26	22	23	24	25	26	22	23
29	30	1	2	3	29	30	1	2	3	29	30

Tachwedd November 2024											
Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue
1	2	3	4	5	1	2	3	4	5	1	2
8	9	10	11	12	8	9	10	11	12	8	9
15	16	17	18	19	15	16	17	18	19	15	16
22	23	24	25	26	22	23	24	25	26	22	23
29	30	1	2	3	29	30	1	2	3	29	30

Rhagfyr December 2024											
Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr	Mar	Iau	Gwan	Lun	Mawr
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue
1	2	3	4	5	1	2	3	4	5	1	2
8	9	10	11	12	8	9	10	11	12	8	9
15	16	17	18	19	15	16	17	18	19	15	16
22	23	24	25	26	22	23	24	25	26	22	23
29	30	1	2	3	29	30	1	2	3	29	30

GWELER DYDDIADAU BELLACH YMLAEN :
WWW.RCT08C.GOV.UK/ARLWYO

SEE FURTHER DATES ON:
WWW.RCT08C.GOV.UK/SCHOOLCATERING

WYTHNOS 1
WEEK 1

WYTHNOS 2
WEEK 2