

# Ysgolion Cynradd – Bwydlen y Gaeaf Wythnos 1

## Primary School Winter Menu Week 1

6 TACHWEDD, 20 TACHWEDD, 4 RHAGFYR, 18 RHAGFYR, 8 IONAWR, 22 IONAWR, 5 CHWEFROR,  
26 CHWEFROR, 12 MAWRTH, 26 MAWRTH  
6TH NOVEMBER, 20TH NOVEMBER, 4TH DECEMBER, 18TH DECEMBER, 8TH JANUARY, 22ND JANUARY,  
5TH FEBRUARY, 26TH FEBRUARY, 12TH MARCH, 26TH MARCH

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	Bolognaise cig eidion Pasta troellog Salad Bach  Beef bolognaise Pasta twist Side salad	Olwynion Caws Ffa Pob Tatws perlysiog Neu Datws  Cheese pin wheel Baked beans Herby Diced Or potatoes	Brest Cyw Iâr gyda Stwffin a grefi  Brocoli Neu Swedsen Tatws  Chicken Breast With stuffing and gravy  Broccoli Or Swede Potatoes	Pastai Briwgig Cig Eidion Pys Tatws stwnsh  Minced beef pie Peas Mashed potatoes	Sglodion neu datws Byrgyr cyw Iâr mewn bynsen  India-corn neu Golslô  Chips or potatoes Chicken Burger in a bun Sweet corn or Coleslaw
OPSIWN B/OPTION B	Ham tafellog Pys ac india-corn Tatws stwnsh  Sliced ham Peas & sweet corn Mashed potatoes	Tameidiau Eog Ffa Pob Tatws perlysiog Neu Datws  Salmon Nibbles Baked beans Herby Diced Or potatoes	Selsig Brocoli Neu Swedsen Tatws a Grefi  Sausage Broccoli Or Swede Potatoes & gravy	Cyri Cyw Iâr Pys Reis Grawn Cyflawn  Chicken Curry Peas Wholegrain Rice	Bysedd pysgod Birds Eye India-corn neu Golslô Sglodion neu datws  Birds Eye Jumbo Fish Finger Sweet corn or Coleslaw Chips or potatoes
PWDIN/DESSERT	Sbwng Afal Taffi a Chwstard Toffee Apple Sponge and custard	Rholyn Arctig Artic roll	Treiffll bach Individual Trifle	Jam a Chneuen Coco gyda Chwstard Jam and coconut with custard	Cwci ac Ysgythaeth Cookie & milk shake
DEMS CYFYNGEDIG YCHWANEGOL /ADDITIONAL LIMITED CHOICE	logwrt Neu Ffrwythau Ffres • Neu Gaws a Chracers (CYFYNGEDIG) Yogurt Or fresh fruit • Or LIMITED cheese and crackers				
	Sudd Ffrwythau Bara Diderfyn  Fruit juice Unlimited Bread	Sudd Ffrwythau Bara Diderfyn  Fruit juice Unlimited Bread	Sudd Ffrwythau Bara Diderfyn  Fruit juice Unlimited Bread	Sudd Ffrwythau Bara Diderfyn  Fruit juice Unlimited Bread	Sudd Ffrwythau Bara Diderfyn  Fruit juice Unlimited Bread
	Bagét - Ham Baguette - Ham	Bagét - Caws Baguette - Cheese	Bagét - Cyw Iâr Baguette - Chicken	Bagét - Tiwna Baguette - Tuna	Bagét - Caws Baguette - Cheese

RHONDDA CYNON TAF

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