

Ysgolion Cynradd – Bwydlen y Gaeaf Wythnos 2

Primary School Winter Menu Week 2

13 TACHWEDD, 27 TACHWEDD, 11 RHAGFYR, 15 IONAWR, 29 IONAWR,
12 CHWFROR, 5 MAWRTH, 19 MAWRTH

13TH NOVEMBER, 27TH NOVEMBER, 11TH DECEMBER, 15TH JANUARY, 29TH JANUARY,
12TH FEBRUARY, 5TH MARCH, 19TH MARCH

	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
OPSIWN A/OPTION A	<p>Bysedd Pysgod GG</p> <p>Salad Bach Neu Bys</p> <p>Gwenau Tatws</p> <p>GG Fish Fingers</p> <p>Side salad Or Peas</p> <p>Potato smiles</p>	<p>Pastai Cyw Iâr</p> <p>Llysiau cymysg neu Ffa Gwyrdd</p> <p>Tatws Grefi</p> <p>Chicken pie</p> <p>Mixed Vegetables or green beans</p> <p>Potatoes Gravy</p>	<p>Cig Eidion</p> <p>Moron Neu Fresych ffres</p> <p>Tatws Grefi</p> <p>Roast beef</p> <p>Carrots Or fresh Cabbage</p> <p>Potatoes Gravy</p>	<p>Twrci</p> <p>Ffa Gwyrdd Neu Swedden</p> <p>Tatws Grefi</p> <p>Turkey</p> <p>Green Beans Or Swede</p> <p>Potatoes Gravy</p>	<p>Pysgod Harry Ramsden</p> <p>Ffa Pob neu Bys</p> <p>Sglodion neu datws</p> <p>Harry Ramsden fish</p> <p>Baked beans or Peas</p> <p>Chips or potatoes</p>
OPSIWN B/OPTION B	<p>Pasta King Cyw Iar Italiano</p> <p>Bara garlleg</p> <p>Salad Bach Neu Bys</p> <p>Pasta King Chicken Italiano</p> <p>Garlic bread</p> <p>Side salad Or Peas</p>	<p>'Goujons' Penfras Llysiau cymysg neu Ffa Gwyrdd Tatws</p> <p>Cod Goujons Mixed Vegetables or green beans Potatoes</p>	<p>Cyw Iâr siâp pili pala</p> <p>Moron Neu Fresych ffres</p> <p>Tatws Grefi</p> <p>Butterfly Chicken</p> <p>Carrots Or fresh Cabbage</p> <p>Potatoes Gravy</p>	<p>Pitsa</p> <p>Hanner Taten Bob Ffa Pob</p> <p>Pizza ½ jacket Baked beans</p>	<p>Cyw Iâr BBQ</p> <p>Ffa Pob Neu Bys Sglodion neu datws</p> <p>BBQ Chicken Baked Beans Or Peas Chips or potatoes</p>
PWDIN/DESSERT	<p>Crymbl afal a Chwstard</p> <p>Apple crumble & Custard</p>	<p>Coctel ffrwythau a Hufen iâ</p> <p>Fruit Cocktail & Ice cream</p>	<p>Tarten Manceinion Manchester Tart</p>	<p>Cacen Siocled Oren gyda chwstard</p> <p>Chocolate orange cake Served with custard</p>	<p>Cacen Gaws Cheesecake</p>
DEMS CYFYNGEDIG YCHWANEGOL /ADDITIONAL LIMITED CHOICE	<p>Iogwrt Neu Ffrwythau Ffres • Neu Gaws a Chracers (CYFYNGEDIG) Yogurt Or fresh fruit • Or LIMITED cheese and crackers</p>				
	<p>Sudd Ffrwythau Bara Diderfyn</p> <p>Fruit juice Unlimited Bread</p>	<p>Sudd Ffrwythau Bara Diderfyn</p> <p>Fruit juice Unlimited Bread</p>	<p>Sudd Ffrwythau Bara Diderfyn</p> <p>Fruit juice Unlimited Bread</p>	<p>Sudd Ffrwythau Bara Diderfyn</p> <p>Fruit juice Unlimited Bread</p>	<p>Sudd Ffrwythau Bara Diderfyn</p> <p>Fruit juice Unlimited Bread</p>
	<p>Bagét - Caws Baguette - Cheese</p>	<p>Bagét - Tiwna Baguette - Tuna</p>	<p>Bagét - Eog a chiwcymbr Baguette - Salmon and cucumber</p>	<p>Bagét - Ham Baguette - Ham</p>	<p>Bagét - Caws Baguette - Cheese</p>