

	<u>Llun</u>	<u>Mawrth</u>	<u>Mercher</u>	<u>Iau</u>	<u>Gwener</u>
<u>Wythnos 1</u>	Peli Cig mewn saws tomato	Cyw iâr wedi grilio	Brest cyw iâr a grefi	Pasta cyw iâr	Bysedd pysgod eog
04/11/24	V—Peli Quorn Llysieuol	V—Nygets llysiau	V—Selsig Morgannwg	Pasta pob tomato	V—Caws pob
25/11/24	Pasta a bara garleg	Ciwbiau tatws a bara crystiog	Stwffin cartref gyda pherlysiâu	Bara crystiog	Sglodion
16/12/24	Llysiau cymysg o'r fferm	Ffa pob a ffyn llysiau	Tatws hufennog	Pys a corn melys	Pys a salsa cymysg
20/01/25	Sgon afal ffres gyda chwstard neu ffrwythau ffres	Rholyn sbwng hufen iâ neu ffrwyth ffres	Moron a Ffa Gwyrdd	Sbwng oren suddog gyda cwstard neu ffrwyth ffred	Cacen siocled creisionllyd a gwydriad o laeth neu ffrwyth ffres
10/02/25			Myffin siocled gyda sudd ffrwythau neu ffrwyth ffres		
10/03/25					
31/03/25					
<u>Wythnos 2</u>	Pastico cartref	Pitsa tomato	Selsig wedi pobi gyda grefi	Cyri cyw iâr	Bysedd pysgod
11/11/24	V—Lasagne llysiau	Sglodion	V—Selsig llysieuol gyda grefi	V—Cyri llysiau	V—Caws pob
2/12/24	Bara garleg	Ffyn llysiau, colslu creisionllyd neu salad cymysg	V—Selsig llysieuol gyda grefi	Reis wedi berwi a baranaan	Tatws hufennog
6/1/25	Pys a ffa melys	Bisged siocled gyda gwydraid o laeth neu ffrwyth ffres	Pwdin Swydd Efrog	Llysiau cymysg	Ffa pob neu bys
27/1/25	Crempogau ffrwythau neu ffrwythau ffres		Tatws hufennog	Cacen arw gyda sudd ffrwythau neu ffrwyth ffres	Pwdin Efa gyda chwstard neu ffrwyth ffres
17/2/25			Moron a broccoli		
17/3/25			Plât ffrwythau		
7/4/25					
<u>Wythnos 3</u>	Bolognaise cartref	Cyw iâr ffres wedi ei lapio	Porc rhost gyda stwffin perlysiâu a grefi	Byrgyr cig eidion	Bysedd Pysgod Eog
18/11/25	V—Bolognaise llysieuol	V—Nygets llysieuol wedi eu lapio	V—pasta pob sawrus	V—byrger llysieuol	V—Caws pob
9/12/24	Sbageti	Lletemau o datws	Tatws hufennog	Sglodion gyda darn o baget	Tatws hufennog
13/1/25	Bara garleg	Moron mâl, betys mâl a salad cymysg	Moron a broccoli	Ffyn llysiau	Ffa pob neu bys
3/2/25	Pys a ffa melys	Cracer, caws a darn o afal	Iogwrt Llaeth y Llan gyda darnau afal neu ffrwyth ffred	Salad ffrwythau	Sbwng siocled gyda saws gwyn neu ffrwyth ffres.
3/3/25	Bisgien geirch blas siocled a resins 1/2 banana a llaeth neu ffrwyth ffres				
24/3/25					

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u>	Metaballs in tomato sauce	Chicken grills	Chicken breast & gravy	Chicken pasta bake	Salmon fish fingers
04/11/24	V—Quorn balls	V—Vegetable nuggets	V—Glamorgan sausage	V—Crusty bread	V—Fishless fingers
25/11/24	Farmhouse mixed vegetables	Cubed potatoes & crusty bread	Homemade herb stuffing	Peas & sweetcorn	Chips
16/12/24	Apple scone with custard or fresh fruit	Baked beans and vegetable sticks	Creamed potatoes	Juicy orange sponge with custard or fresh fruit	Peas & tomato & cucumber salsa
20/01/25		Ice cream sponge roll or fresh fruit	Cattot & green beans		Crunchy chocolate cake & glass of milk or fresh fruit
10/02/25			Chocolate muffin with fruit juice or fresh fruit		
10/03/25					
31/03/25					
<u>Week 2</u>	Homemade pasticcio	Tomato pizza	Oven baked sausage with gravy	Chicken curry	Fish fingers
11/11/24	V—Vegetable lasagne	Chips	V—Vegetarian sausage	V—Vegetable curry	V—Fishless fingers
2/12/24	Garlic bread	Vegetable sticks, crunchy coleslaw or mixed salad	Yorkshire pudding	Boiled rice & naan bread	Baked beans or peas
6/1/25	Peas & sweetcorn	Chocolate cookie with a glass of milk or fresh fruit	Creamed potatoes	Mixed vegetable	Eve's pudding with custard or fresh fruit
27/1/25	Fruity pancakes or fresh fruit		Carrots & broccoli	Rockie with fruit juice or fresh fruit	
17/2/25			Fruit platter		
17/3/25					
<u>Week 3</u>	Homemade bolognese	Freshly filled chicken wrap	Roast pork with herb stuffing & gravy	Beef burger	Salmon fish fingers
18/11/25	V—Vegetarian bolognese	V—veggie nuggets in a wrap	V—savoury pasta bake	V—veggie burger	V—Fishless fingers
9/12/24	Spaghetti & garlic bread	Potato wedges	Creamed potatoes	Chips & crusty bread	Creamed potatoes
13/1/25	Peas & sweetcorn	Grated carrot, beetroot & mixed vegetables	Carrots & broccoli	Vegetable sticks	Baked beans or peas
3/2/25	Chocolate oat cookie with raisins, ½ banana & milk	Cracker, cheese & apple or fresh fruit	Llaeth y Llan	Fruit salad	Chocolate sponge with white sauce or fresh fruit
3/3/25			Yoghurt with apple dippers or fresh fruit		
24/3/25					