

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wk1</b> 1/11/21 22/11/21 13/12/21 10/1/22 31/1/22 28/2/22 21/3/22	*Chicken Tikka Masala/ *Chicken Stroganoff V~ Vegetable *Curry/*Stoganoff Boiled Rice & Naan Bread Mixed Vegetables  Ice Cream and Fruit Cocktail or Fresh Fruit	Beef Burger V-Vegi Burger Chips or Jacket Potato Crusty Bread Baked Beans & Vegetable Sticks  Llaeth y Llan Yoghurt with Apple Dippers or Fresh Fruit	Roast Pork with Herb stuffing & Gravy V~ Savoury Pasta Bake Creamed Potatoes Carrots & Broccoli  Fresh Apple Scone and Custard Or Fresh Fruit	Homemade Bolognese V~ Vegetarian Bolognese Spaghetti / Pasta Twists Garlic Bread Peas, Sweetcorn  Oat Biscuit & a Glass of Milk or Fresh Fruit	Salmon Fish Fingers V~ Fishless Fingers Creamed Potatoes Peas & Vegetable Sticks  Chocolate Flavoured Sponge with White Sauce or Fresh Fruit
<b>Wk2</b> 8/11/21 29/11/21 20/12/21 17/1/22 7/2/22 7/3/22 28/3/22	*Minced Beef Pie or *Pasticio V-*Vegetable Pasta Bake or Vegetable Pie *Garlic Bread/*Creamed Potato Peas & Carrots  Chocolate Flavoured Cookie with a Glass of Milk or Fresh Fruit	French Bread Pizza  Chips  Sweetcorn & Vegetable Sticks  *Fruit Salad/*Fruit Platter	Oven Baked Sausages with Gravy V~ Vegetarian Sausages with Gravy Yorkshire Pudding Creamed Potatoes, Carrots and Broccoli *Rice Pudding with Fruit Coulis / Homemade Lemon Feather Pudding with Custard or Fresh Fruit	Cottage Pie / Spaghetti Chicken Vegetable Spaghetti Crusty Bread Peas and Sweetcorn  Crispy Chocolate flavoured cake with Fruit Juice or Fresh Fruit	Fish Fingers V~ Fishless Fingers Creamed Potatoes Baked Beans or Peas & Vegetable Sticks  Homemade Eve's Pudding with Custard or Fresh Fruit
<b>Wk3</b> 15/11/21 6/12/21 5/1/22 24/1/22 14/2/22 14/3/22 3/4/22	Meat Balls in* Gravy or *Tomato Sauce V- Vegetarian Meatballs *Creamed Potatoes/*Pasta Farmhouse Mixed Vegetables  Ice Cream Sponge Roll or Fresh Fruit	Chicken Grills V-Vegetable Nuggets Potato Smiles Baked Beans & veg sticks  Chocolate Flavoured Top Hat Cup Cake Or Fresh Fruit.	Roast Chicken Breast & Gravy V~ Tomato Pasta Bake Homemade Herb Stuffing Creamed Potatoes Carrots & Green Beans Homemade Shortbread biscuit with milk & Fresh Fruit	*Homemade Cawl / *Savoury Beef with Yorkshire Pudding *V-Vegetable Cawl *Vegetable Casserole with Yorkshire Pudding Crusty Bread *Creamed Potato Peas & Sweetcorn Fruit Crumble & Custard Or Fresh Fruit	Salmon Fish Fingers V-Fishless Fingers Chips or Jacket Potato Peas & mixed Salad  Chocolate Flavoured Fruity Scone with White Sauce Or Fresh Fruit

Beef Burgers code 78713 50 x 40g per box

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	Llun	Mawrth	Mercher	Iau	Gwener
<b>Wythnos 1</b> 1/11/21 22/11/21 13/12/21 10/1/22 31/1/22 28/2/22 21/3/22	*Tikka Masala Cyw Iâr / *Stroganoff Cyw Iâr V ~ *Cyrrri/*Stroganoff Llysiau Reis wedi ei ferwi a Bara Naan Llysiau Cymysg  Hufen Iâ a Choctel Ffrwythau neu Ffrwyth Ffres	Byrgyr Cig Eidion V - Byrgyr Llysiau Sglodion neu Daten Bob a Bara Crystiog Ffa Pob a Ffyn Llysiau logwrt Llaeth y Llan a Darnau o Afal neu Ffrwyth Ffres	Porc wedi'i rostio a Stwffin Perllysiau a Grefi V ~ Pasta Pob Sawrus Tatws Hufennog Moron a Brocoli  Sgonsen Afal Ffres a Chwstard neu Ffrwyth Ffres	Bolognaise Cartref V - Bolognaise Llysiau Sbageti / Pasta Bara Garlleg Pys, India-corn  Bisgïen Geirch a Gwydraid o Laeth neu Ffrwyth Ffres	Bysedd Pysgod Eog V – Bysedd Di-bysgod Tatws Hufennog Pys a Ffyn Llysiau  Sbwng Blas Siocled a Saws Gwyn neu Ffrwyth Ffres
<b>Wythnos 2</b> 8/11/21 29/11/21 20/12/21 17/1/22 7/2/22 7/3/22 28/3/22	*Pastai Mins Eidion neu *Pasticio V - *Pasta Pob a Llysiau neu Bastai Llysiau *Bara Garlleg/*Tatws Hufennog Pys a Moron Cwci Blas Siocled a Gwydraid o Laeth neu Ffrwyth Ffres	Pizza Bara Ffrengig Sglodion India-corn a Ffyn Llysiau  *Salad Ffrwythau/*Dysgl o Ffrwythau	Selsig wedi'u pobi a Grefi V ~ Selsig Llysieuol a Grefi Pwdin Swydd Efrog Tatws Hufennog Moron a Brocoli  *Pwdin Reis a Coulis Ffrwythau / Pwdin Lemwn Ysgafn cartref a Chwstard neu Ffrwyth Ffres	Pastai'r Bwthyn / Sbageti a Chyw Iâr Sbageti a Llysiau Bara Crystiog Pys ac India-corn Cacfen Greisionllyd ag iddi flas Siocled a Sudd Ffrwythau neu Ffrwyth Ffres	Bysedd Pysgod V – Bysedd Di-bysgod Tatws Hufennog Ffa Pob neu Bys a Ffyn Llysiau Pwdin Efa cartref a Chwstard neu Ffrwyth Ffres
<b>Wythnos 3</b> 15/11/21 6/12/21 5/1/22 24/1/22 14/2/22 14/3/22 3/4/22	Peli Cig mewn *Grefi neu *Saws Tomato V – Peli Llysieuol *Tatws Hufennog / *Pasta Llysiau Cymysg Rhôl Sbwng Hufen Iâ neu Ffrwyth Ffres	Griliau Cyw Iâr V - Cnapiâu Llysieuol 'Wynebau' Tatws Ffa Pob a Ffyn Llysiau Cacfen 'Het Fawr' ag iddi flas Siocled neu Ffrwyth Ffres.	Brest Cyw Iâr wedi'i rhostio a Grefi V - Pasta Pob Tomato Stwffin Perllysiau cartref Tatws Hufennog Moron a Ffa Gwyrd Bisgïen Frau cartref a Laeth a Ffrwyth Ffres	*Cawl Cartref / *Cig Eidion Sawrus a Phwdin Swydd Efrog *V - Cawl Llysiau *Caserol Llysiau a Phwdin Swydd Efrog Bara Crystiog *Tatws Hufennog Pys ac India-corn Crymbl Ffrwythau a Chwstard neu Ffrwyth Ffres	Bysedd Pysgod Eog V – Bysedd Di-bysgod Sglodion neu Daten Bob Pys a Salad Cymysg Sgonsen Ffrwythau ag iddi flas siocled a Saws Gwyn neu Ffrwyth Ffres

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