

	Monday	Tuesday	Wednesday	Thursday	Friday
Wy 1 29/4/19 20/5/19 17/6/19 8/7/19 2/9/19 23/9/19 16/10/19	Cyw Iâr Cartref LI ~ Cyri Llysieuol Reis wedi berwi Bara Naan Llysiau Cymysg Fflapjac Crymbl Afal gyda Sudd Ffrwythau neu Ffrwythau Ffres	Cyw Iâr wedi Grilio LI ~ Nygets Llysieuol Waffls Bach Ffa Pob Neu Pys a Ffyn Llysiau Bara Crwst Rholyn Sbwng Hufen Ia Mafon neu Ffrwythau Ffres	Selsig wedi'u coginio yn y Ffwrn gyda Grefi LI ~ Selsig Llysieuol gyda Grefi a Phwdin Swydd Efrog Tatws Hufennog Moron a Brocoli Salad Ffrwythau	Bolognaise Cartref LI ~ Bolognaise Llysieuol Pasta Bara Garleg Pys ac india-corn Bisged Ceirch gyda hanner banana a Llaeth Neu Ffrwythau Ffres	Bysedd Pysgod LI ~ Caws Pob Sglodion Pys a Llysiau cymysg *Sbwng Siocled gyda Saws Gwyn/ *Cacen Siocled Hafaidd neu Ffrwythau Ffres
Wy2 6/5/19 3/6/19 24/6/19 15/7/19 9/9/19 30/9/19 21/10/19	Cyw Iâr wedi ei lapio LI ~ Nygets Llysieuol Waffls Bach Darnau o datws trwy crwyn Moron wedi ei gratio a Salad Cymysg Banana Holtt	Peli Cig mewn Saws Tomato LI ~ Selsig Llysieuol Troellau Pasta Pys ac india-corn Cacen Siocled Grensiog gyda sudd ffrwythau neu ffrwythau ffres	Cyw Iâr rhost gyda stwmffin Perlaysiau a Grefi LI ~ Blodfresych a Brocoli Pob Tatws Hufennog Moron a Brocoli Ffrwythau a jeli gyda hufen neu Ffrwythau Ffres	Pitsa ar Dorth Hir Sglodion Colslo aFfyn Llysiau Myffin Siocled a Gellyg gyda Gwydryn o Laeth neu Ffrwythau Ffres	Bysedd Pysgod LI ~ Caws Pob Tatws Hufennog Ffa Pob neu Pys a Ffyn Llysiau Sgon Afal gyda chwstard neu Ffrwythau Ffres
Wy3 13/5/19 10/6/19 1/7/19 16/9/19 7/10/19	Pasio (Pasta Pob) LI ~ Pasta Pob Tomato Bara Garleg Llysiau Cymysg y Fferm Cwci Siocled gyda sudd ffrwythau neu Ffrwythau Ffres	Cŵn Poeth gyda winwns a Relish Tomato LI ~ Ci Poeth Llysieuol Sglodion Salad Cymysg a Ffyn Llysiau *Roci Oren ac Afal neu *Myffin Oren ac Afal gyda Llaeth neu Ffrwythau Ffres	Ham wedi'i goginio'n ffres gyda *Saws Parsli LI ~ Selsig Morgannwg *Tatws Hufennog/ ½ Taten Bob Ffyn Bara *Moron a ffa/ *Dewis o Salad logwrt gyda darnau o ffrwythau ffres	*Sbageti Cyw Iâr / *Mins sawrus gyda Phwdin Swydd Efrog *LI ~ Sbageti Llysiau/ *Caserol Llysieuol gyda Phwdin Swydd Efrog *Tatws Hufennog/ *Bara Crwst Pys ac india-corn Cacen 'Het Fawr' neu Ffrwythau Ffres	Bysedd Pysgod Eog LI ~ Caws Pob Tatws Hufennog Ffa Pob neu Pys a Ffyn Llysiau Crymbl Ceirch a Ffrwythau gyda chwstard neu Ffrwythau Ffres

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Wk 1 29/4/19 20/5/19 17/6/19 8/7/19 2/9/19 23/9/19 16/10/19	Homemade Chicken Curry V~ Vegetable Curry Boiled Rice Naan Bread Mixed Vegetables Apple Crumble Flapjack with Fruit Juice or Fresh Fruit	Chicken Grills V-Vegetable Nuggets Mini Waffles Baked Beans or Vegetable sticks & Crusty Bread Raspberry Ice Cream Sponge Roll or Fresh Fruit	Oven Baked Sausages with Yorkshire Pudding & Gravy V~ Vegetarian Sausages with Yorkshire Pudding & Vegetarian Gravy Creamed Potatoes, Carrots and Fruit Salad	Homemade Bolognese V~ Vegetarian Bolognese Pasta Garlic Bread Peas & Sweetcorn Oat Cookie with ½ Banana & Milk Or Fresh Fruit	Salmon Fish Fingers V~ Cheese Bake Chips Peas &Mixed Salad *Chocolate Sponge with White Sauce/ *Summer Chocolate Cake or Fresh Fruit
Wk2 6/5/19 3/6/19 24/6/19 15/7/19 9/9/19 30/9/19 21/10/19	Freshly Filled Chicken Wrap V-Vegi Nuggets in a wrap Jackets Wedges Grated Carrot and Mixed Salad Banana Split	Meat Balls in a Tomato Sauce V-Vegetarian Sausages Pasta Spirals Peas & Sweetcorn Crunchy Chocolate Cake with fruit juice or fresh fruit	Roast Chicken Breast with Herb stuffing & Gravy V~ Cauliflower and Broccoli Bake Creamed Potatoes Carrots & Broccoli Fruit & Jelly with Cream or Fresh Fruit	French Bread Pizza Chips Coleslaw & Vegetable Sticks Chocolate & Pear Muffin with Glass of Milk or Fresh Fruit	Fish Fingers V~ Cheese Bake Creamed Potatoes Baked Beans or Peas Veg Sticks Apple Scone and Custard or Fresh Fruit
Wk3 13/5/19 10/6/19 1/7/19 16/9/19 7/10/19	Pasticio (Pasta Bake) V- Tomato Pasta Bake Garlic Bread Farmhouse Mixed Vegetables Chocolate Cookie fruit Juice or Fresh Fruit	Hot Dogs with Onions and Tomato Relish V-Vegetarian Hot Dog Chips Mixed Salad & Veg Sticks *Orange & Apple Rockie or *Orange and Apple Muffin with Milk or Fresh Fruit	Freshly Cooked Ham & *Parsley Sauce V- Glamorgan Sausage *Creamed Potatoes/ ½ Jacket Potato Bread Sticks *Carrots and Green Beans/*Salad Choice Yoghurt with Fresh Fruit Dippers	*Spaghetti Chicken / *Savoury Mince with Yorkshire Pudding *Vegetable Spaghetti /*Vegetable Casserole with Yorkshire Pudding *Creamed Potatoes/*Crusty Bread Peas and Sweetcorn Top Hat Cupcake or Fresh Fruit	Salmon Fish Fingers V-Cheese Bake Creamed Potato Baked Beans or Peas & Vegetable Sticks Fruit Oat Crumble with Custard Or Fresh Fruit