



Bydd taten pob (tiwna a mayo, caws, ffa pob)/ potyn pasta (tikka Cyw iar, caws a ham, llysiâu salad) hefyd ar gael bob dydd. Bydd angen i ddisgyblion yn y Cyfnod Sylfaen gael caniatâd rhieni i archebu un. Bydd ffrwythau hefyd ar gael fel opsiwn i bwdin.

*Baked Potatoes (tuna & mayo, cheese, baked beans) / pasta pot (Chicken tikka, Cheese & ham, salad vegetables) will also be available everyday. Pupils in Foundation phase will need to have parental permission to order one. Fruit will also be an option for pudding.*

<b>Wythnos 1 Week 1</b>		<b>Opsiwn Llysiuol a fegan Vegetarian &amp; Vegan Option</b>	<b>Llysiâu Vegetables</b>	<b>Pwdin Pudding</b>
<b>Dydd Llun – Monday</b>	Cyw Iar Melys a Chwerw Sweet & Sour Chicken	Byrgyr sbeislyd Spicy Burger	Pasta, moron/ ffa gwyrdd Pasta, carrots/green beans	Cacen Siocled a chwstard Chocolate Sponge & Custard
<b>Dydd Mawrth - Tuesday</b>	Bysedd Pysgod Fish Fingers	Bysedd 'Dim-pysgod' 'No-Fish' fingers	Diced potatoes, peas/sweetcorn	Cacen Moron ac ysgytlaeth Carrot Cake & milkshake
<b>Dydd Mercher - Wednesday</b>	Lasagne	Lasagne Llysiuol/ fegan Vegetarian/Vegan Lasagne	Bara garleg a llysiâu cymysg Garlic bread and mixed veg.	Pwdin Reis Rice pudding
<b>Dydd Iau – Thursday</b>	Rhost Cyw Iar Roast Chicken	Byrger Dim cig ¼ pounder no meat burger	Tatws stwnsh, moron/ brocoli Mash, carrots/ broccoli	Crymbl a chwstard Crumble & Custard
<b>Dydd Gwener - Friday</b>	Pysgodyn Fish	Nygets fegan Vegan nuggets	Sglodion, pys/ pys melyn Chips, peas/ sweetcorn	Cacen gaws Cheesecake



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<b>Wythnos 2 Week 2</b>		<b>Opsiwn llysiuol a fegan Vegetarian &amp; Vegan Option</b>	<b>Llysiâu Vegetables</b>	<b>Pwdin Pudding</b>
<b>Dydd Llun – Monday</b>	Cyri Cyw Iar Chicken Curry	Byrger Dim cig No meat burger	Reis, moron a ffa gwyrdd Rice, carrots and green beans	Cookie ac ysgytlaeth Cookie & Milkshake
<b>Dydd Mawrth - Tuesday</b>	Selsig Sausage	Selsig fegan Vegan Sausage	Diced potatoes & sweetcorn	Mousse wedi'i rewi a sudd afal Frozen mousse & apple juice
<b>Dydd Mercher - Wednesday</b>	Bolognaise	Bolognaise Quorn Quorn Bolognaise	Spageti a llysiâu cymysg Spaghetti & mixed veg	Sbwng siocled a saws Chocolate sponge and sauce
<b>Dydd Iau - Thursday</b>	Pastai'r bwthyn Cottage pie	Quorn pie	Tatws, moron a brocoli Potatoes carrots/broccoli	Tarten jam a chwstard Jam tart & custard
<b>Dydd Gwener - Friday</b>	Pizza	Pizza	Sglodion, ffa pob/ pys gwyrdd Chips, beans/ peas	Cacen gaws Cheesecake



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<b>Wythnos 3 Week 3</b>		<b>Opsiwn llysiuol a fegan Vegetarian &amp; Vegan Option</b>	<b>Llysiâu Vegetables</b>	<b>Pwdin Pudding</b>
<b>Dydd Llun – Monday</b>	Pastai cyw iar Chicken Pie	Pastai Fegan Vegan pie	Pasta, moron/ ffa gwyrdd Pasta, carrots/green beans	Myffin ac ysgytlaeth Muffin & milkshake
<b>Dydd Mawrth - Tuesday</b>	Fish goujons	'No-Fish' fingers	Diced potatoes, peas/sweetcorn	Sbwng ffrwythau a chwstard Fruit sponge & custard
<b>Dydd Mercher - Wednesday</b>	Peli cig Meatballs	Peli Dim-Cig No-meat meatballs	Pasta a llysiâu cymysg Pasta & mixed vegetables	Pwdin reis Rice pudding
<b>Dydd Iau - Thursday</b>	Rhost Cyw Iar Roast Chicken	Selsig fegan Vegan Sausage	Tatws, moron/ brocoli Potatoes, carrots/ broccoli	Crymbl a chwstard Crumble & Custard
<b>Dydd Gwener - Friday</b>	Pysgodyn Fish	Nygets fegan Vegan nuggets	Sglodion, pys/ pys melyn Chips, peas/ sweetcorn	Mousse