

BWYDLEN WYTHNOS 1 / WEEK 1 MENU
MEDI 5 – 9 SEPTEMBER 2016

BWYDLEN	DIWRNOD / DAY	MENU
Cyw iâr wedi grilio, waffs bach, ffa pob Scon, jam a hufen Nwgets llysieuol	LLUN / MONDAY	Chicken grills, mini waffles, baked beans Scone, jam and cream Vegetable nuggets
Selsig, tatws hufennog, pwdin Swydd Efrog, moron, swedsen a grefi Ffrwyth ffres Selsig Llysieuol	MAWRTH / TUESDAY	Oven baked sausage, creamed potatoes, Yorkshire pudding, carrots, sweede and gravy Fresh Fruit Vegetarian sausage
Bolognaise cartref, bara garlleg, salad cymysg Bisged ceirch gyda llaeth Bolonais Llysieuol	MERCHER / WEDNESDAY	Spaghetti Bolognaise, garlic bread, mixed salad Oat biscuit & glass of milk Vegetarian Bolognaise
Pysgodyn, sglodion a pys Scon Pei Caws	IAU / THURSDAY	Baked fish, chips and peas Scone Cheese Bake
Tikka Cyw iâr, reis, bara naan, llysiau cymysg Rôl spwng hufen iâ siocled Tikka Llysieuol	GWENER / FRIDAY	Chicken Tikka, rice, naan bread, mixed vegetables Chocolate ice cream roll Quorn Tikka

Cyw iâr wedi grilio, waffs bach, ffa pob Scon, jam a hufen	Llun / Monday	Chicken grills, mini waffles, baked beans Scone, jam and cream
Nwgets llysieuol		Vegetable nuggets
Selsig, tatws hufennog, pwdin Swydd Efrog, moron, swedsen a grefi Ffrwyth ffres	Mawrth / Tuesday	Oven baked sausage, creamed potatoes, Yorkshire pudding, carrots, sweede and gravy Fresh Fruit
Selsig Llysieuol		Vegetarian sausage
Bolognaise cartref, bara garlleg, salad cymysg Bisged ceirch gyda llaeth	Mercher/Wednesday	Spaghetti Bolognaise, garlic bread, mixed salad Oat biscuit & glass of milk
Bolonais Llysieuol		Vegetarian Bolognaise
Pysgodyn, sglodion a pys Scon Pei Caws	Iau/Thursday	Baked fish, chips and peas Scone Cheese Bake

Tikka Cyw iâr, reis, bara naan,

llysiau cymysg

Rôl spwng hufen iâ siocled

Tikka Llysieuol

Gwener/Friday

Chicken Tikka, rice, naan bread,

mixed vegetables

Chocolate ice cream roll

Quorn Tikka