

	<u>Dydd Llun</u>	<u>Dydd Mawrth</u>	<u>Dydd Mercher</u>	<u>Dydd Iau</u>	<u>Dydd Gwener</u>
<u>Wythnos 1</u>	Peli cig mewn saws tomato	Cyw iâr wedi grilio	Brest cyw iâr rhost a greffi	Cawl cartref	Bysedd pysgod
3/11/25	LI—Peli Llysieuol	LI—nygets llysieuol	LI—Selsig Morgannwg	LI—Cawl llysiau	LI—Bysedd di-bysgod
24/11/25	Pasta a bara garlleg	Wafflau tatws gyda bara crystiog	Stwffin perlysiâu cartref, tatws hufennog	Bara crystiog	Sglodion
15/12/25	Llysiau cymysg y ffermdy	Salsa tomato a chiwcymbr, salad betys ac afal	Moron a ffa gwyrdd	Bisgedi brau cartref gyda ffrwythau ffres a llaeth	Pys neu ffa pob a ffyn llysiau
19/01/26	Gellyg a sgon siocled gyda saws gwyn neu ffrwythau ffres	Cracers a chaws gydag afal neu ffrwythau ffres	Myffin blas siocled neu ffrwythau ffres		Salad ffrwythau
09/02/26					
09/03/26					
<u>Wythnos 2</u>	Cyri keema cig eidion	Pitsa tomato	Selsig wedi'u pobi a greffi	Bolognese cartref	Bysedd pysgod
10/11/25	LI—Cyri sbigoglys a ffacbys	Sglodion	LI—Selsig llysieuol	LI—Bolognese llysieuol	LI—bysedd di-bysgod
01/12/25	Reis wedi'i ferwi a bara Naan	Ffyn llysiau, coleslaw crensiog neu salad cymysg	Pwddi Swydd Efrog a tatws hufennog	Sbageti a bara garlleg	Tatws hufennog
05/01/26	Llysiau cymysg y ffermdy	Plât o ffrwythau ffres	Moron a brocoli	Pys a india-corn	Pys neu ffa pob a ffyn llysiau
26/01/26	Cwci blas siocled gyda ffrwythau ffres		Fflapjac afal neu ffrwythau ffres	Bisgedi ceirch cartref gyda ½ banana a llaeth neu ffrwythau ffres	Crymbl ffrwythau gyda chwstard neu ffrwythau ffres
23/02/26					
16/03/26					
<u>Wythnos 3</u>	Pastico cartref	Ci poeth	Porc rhost gyda stwffin perlysiâu a greffi	Enchiladas cig eidion	Bysedd pysgod
17/11/25	LI—Lasagne llysieuol	LI—Ci poeth llysieuol	LI—Pastai pasta sawrus	LI—Enchilada llysieuol	LI—Bysedd di-bysgod
08/12/25	Bara garlleg	Sglodion	Tatws hufennog	Wedges tatws	Tatws hufennog a bara crystiog
12/01/26	Pys ac India-corn	Ffyn llysiau a salad cymysg	Moron a broccoli	Salsa a phys cymysg	Ffa pob neu bys a ffyn llysiau
02/02/26	Pancws ffrwythau neu ffrwythau ffres	Pwdin reis gyda coulis ffrwythau neu ffrwythau ffres	Cracers a chaws gydag afal neu ffrwythau ffres	logwrt llaeth y llan gydag afal neu ffrwythau ffres	Plât o ffrwythau ffres
02/03/26					
23/03/26					

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u>	Meatball in tomato sauce	Chicken grills	Roast chicken breast with gravy	Homemade cawl	Fish fingers
3/11/25	V—Vegetarian balls	V—vegetable nuggets	V—Glamorgan sausage	V—Vegetable Cawl	V—Fishless fingers
24/11/25	Pasta & garlic bread	Potato waffles with crusty bread	Herb stuffing, creamed potatoes	Crusty bread	Chips
15/12/25	Farmhouse mixed vegetables	Tomato & cucumber salsa, Beetroot & apple salad	Carrot & green beans	Shortbread biscuit finger with fresh fruit and milk	Peas or beans and vegetable sticks
19/01/26	Pear and chocolate scone with white sauce or fresh fruit	Crackers and cheese with apple or fresh fruit	Chocolate muffin or fresh fruit		Fruit Salad
09/02/26					
09/03/26					
<u>Week 2</u>	Beef Keema curry	Tomato pizza	Baked sausages with gravy	Homemade bolognaise	Fish fingers
10/11/25	V—Spinach & chickpea curry	Chips	V—Vegetarian sausages	V—Vegetarian bolognaise	V—fishless fingers
01/12/25	Boiled rice & naan bread	Vegetable sticks, crunchy coleslaw or mixed salad	Yorkshire pudding & creamed potatoes	Spaghetti & garlic bread	Creamed potatoes
05/01/26	Farmhouse mixed vegetables	Fresh fruit platter	Carrots & broccoli	Peas and sweetcorn	Peas or beans & vegetable sticks
26/01/26	Chocolate cookie with fresh fruit and milk		Apple flapjack or fresh fruit	Oat biscuit with ½ banana & milk or fresh fruit	Fruit crumble with custard or fresh fruit
23/02/26					
16/03/26					
<u>Week 3</u>	Homemade pasticio	Hot dog	Roast pork with herb stuffing & gravy	Beef enchiladas	Fish fingers
17/11/25	V—Vegetable lasagne	V—Vegi hot dog	V—Savoury pasta bake	V—Vegetarian enchiladas	V—Fishless fingers
08/12/25	Garlic bread	Chips	Creamed potatoes	Potato wedges	Creamed potatoes and crusty bread
12/01/26	Peas and sweetcorn	Vegetable sticks and mixed salad	Carrots & broccoli	Mixed salsa & peas	Peas or beans & vegetable sticks
02/02/26	Fruity pancakes or fresh fruit	Rice pudding with fruit coulis or fresh fruit	Crackers & cheese with apple or fresh fruit	Llaeth y Llan yoghurt with apple dippers or fresh fruit	Fresh fruit platter
02/03/26					
23/03/26					