

	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Wythnos 1 Prif Bryd	Peli Cig Cyw Iâr mewn Saws Mediteranaidd Cartref gyda Phasta a Bara Garlleg Cartref	Pot Poeth Briwgig Eidion Cymreig gyda Chaws wedi Toddi a Llysiau	Cacfen Bysgod mewn Briwsion Bara gyda Thatws Hufennog a Ffa Pob	Ffiled o Dwrci wedi'i Rhostio, Stwffin a Grefi, Tatws Rhost a Dewis o Lysiau	Ffiled o Gyw Iâr mewn Cytew gyda Sglodion, Salad Ffres a Cholso Cartref
Dewis	Pasta Pob Llysiau Mediteranaidd gyda Thopin Caws	Briwgig Quorn, gyda Thatws a Chaws ar ei ben	Darnau Llysiau gyda Thatws Hufennog a Ffa Pob	Selsig Quorn, Stwffin a Grefi	Quesadilla gyda llenwad Caws a Tomato
Pwddin	Hufen Iâ	Bar Siocled Rice Krispies	Sbwnj Afal wedi'i Stemio gyda Chwstard Fanila	Jeli gyda Ffrwythau	Bar Grawnfwyd Granola Cartref
Wythnos 2 Prif Bryd	Pysgodyn ar Siâp Seren mewn Briwsion Bara gyda Thalpiau Tatws, Pys ac India-Corn	Bolognese Cig Eidion Cymreig gyda Phasta, Pys a Bara Cartref	Cyw Iâr Barbeciw gyda Saws Gludiog a Reis Llysiau	Lwyn o borc gyda Saws Afal Traddodiadol a Grefi, Tatws Rhost a Dewis o Lysiau	Selsig Porc wedi'u Pobi, Sglodion a Ffa Pob
Dewis	Nygets Llysiau Mewn Briwsion Bara	Bolognese Briwgig Quorn	Burritos Llysiau	Briwig Quorn gyda Thatws ar ei ben a Dewis o Lysiau	Selsig Quorn Wedi'u Pobi
Pwddin	logwrt Ffrwythau	Cacfen Siocled Grensiog	Crymbl Ceirch a Ffrwythau gyda Chwstard Fanila	Bisgedi Brau Cartref	Cacfen Gyffug Siocled Gartref
Wythnos 3 Prif Bryd	Pasta Pob gyda Ham a Chaws a Bara Tomato a Pherlysiau Cartref	Brecinio gyda Waffl Tatws a Ffa Pob	Saig Cyw Iâr y Byd gyda Reis wedi'i Ferwi neu Nwdls a Bara Naan	Ffiled o Gyw Iâr gyda Stwffin a Grefi, Tatws Rhost a Dewis o Lysiau	Bysedd Pysgod mewn Briwsion Bara gyda Sglodion a Phys Slwtsh
Dewis	Pasta Pob gyda Chaws	Brecinio Llysieuol	Saig Llysieuol y Byd	Byrger Quorn wedi'i Bobi gyda Stwffin a Grefi	Nygets Llysiau Mewn Briwsion Bara
Pwddin	Sorbet Ffrwythau	Cacfen Greision Ŷd gyda Saws Caramel	Pwddin Siocled Cartref	Darn o Cacfen Llugaeron	Myffin Llus a Lemon

	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1 Main Meal	Chicken Meatballs in a Homemade Mediterranean Sauce with Pasta and Home Baked Garlic Bread	Savoury Welsh Minced Beef Hot Pot With Cheddar Glaze and Country Style Vegetables	Baked Breaded Fish Cake with Creamed Potatoes and Baked Beans	Roast Fillet of Turkey, Savoury Stuffing and Gravy Oven Roasted Potatoes and Vegetable Selection	Battered Chicken Fillet with Chipped Potatoes Fresh Mixed Salad and Homemade Coleslaw
Choice	Mediterranean Vegetable Pasta Bake Glazed with a Cheddar Topping	Savoury Quorn Mince, topped with Sauté Potatoes and Cheddar Cheese	Vegetable Bites with Creamed Potatoes and Baked Beans	Baked Quorn Sausage, Savoury Stuffing and Gravy	Quesadilla filled with Cheddar Cheese and Tomatoes
Sweet	Dairy Ice Cream	Rice Krispy Chocolate Bar	Steamed Apple Sponge with Vanilla Custard	Jelly With Fruit	Homemade Granola Style Cereal Bar
WK 2 Main Meal	Breaded Fish Star with Oven Baked Seasoned Wedges Garden Peas and Sweetcorn	Welsh Beef Bolognese with Pasta Garden Peas and Home Baked Bread	BBQ Chicken with a Sticky Sauce and Savoury Vegetable Rice	Roast Loin of Pork with Traditional Apple Sauce and Gravy. Roasted Potatoes and Vegetable Selection	Oven Baked Pork Sausage with Chipped Potatoes and Baked Beans
Choice	Breaded Vegetable Nuggets	Minced Quorn Bolognese	Vegetable Burritos	Savoury Quorn Mince, topped with Potatoes and Vegetable Selection	Oven Baked Quorn Sausage
Sweet	Fruit Yoghurt Pot	Chocolate Crunch Cake	Fruit and Oaty Crumble with Vanilla Custard	Hand Baked Shortbread Biscuit	Homemade Chocolate Fudge Coated Cake
WK 3 Main Meal	Ham and Macaroni Cheese Bake with Homemade Herby Tomato Bread	Midday Brunch with Potato Waffle and Baked Beans	Chicken Dish of the World with Boiled Rice or Noodles and Naan Bread fingers	Roast fillet of Chicken with Herb Stuffing and Gravy. Oven Roasted Potatoes and Vegetable Selection	Breaded Fish Fingers with Chipped Potatoes and Mushy Peas
Choice	Macaroni Cheese Bake	Vegetarian Midday Brunch	Vegetable Dish of the World	Baked Quorn Burger with Herb Stuffing and Gravy	Breaded Vegetable Nuggets
Sweet	Fruit Sorbet Pot	Caramel Cornflake Cake with Caramel Glaze	Homemade Saucy Chocolate Pudding	Cranberry Scrunch Slice	Lemon Drizzle and Blueberry Muffin

