**Bwydlen Gaeaf – Wythnos 1**

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| --- | --- | --- | --- | --- | --- |
|  | **Dydd Llun** | **Dydd Mawrth** | **Dydd Mercher** | **Dydd Iau** | **Dydd Gwener** |
| **Brecwast** | **Uwd / Porridge** | **Rice Krispies** | **Multigrain Hoops** | **Tost a Jam / jam on toast** | **Weetabix**  |
| **Cinio** | **Peli cig, saws tomato, pasta a llysiau cymysg****Meatballs, tomato sauce , mix veg a pasta** | **Bysedd pysgod, sweet poato chips, a bins****Fish fingers, sweet potato chips a beans** | **Cyw iar melys a sur hefo reis Sweet and sour chicken with rice** | **Cawl moron a coriander hefo bara menyn****Carrot and coriander soup with bread + butter** | **Somerset Pork and apple casserole** |
| **Pwdin** | **Cacen sponge plaen a cwstard****Plain sponge cake + custard** | **Iogwrt a ffrwyth / yoghurt and fruit** | **Fflapjac / flapjack** | **Tarten corn flakes** **Crunchy corn flake tart** | **Greek yogurt + mel / Greek style yoghurt with honey** |
| **Te bach** | **Bagel,caws meddal a Pom bears****Bagel, soft cheese + pom bears** | **Brechdannau wy a salad cream , Cucumber a cherry tomato****Egg sandwich with salad cream, cucumber and cherry tomatoes** | **Beans ar dost hefo caws****Beans on toast with cheese** | **Pitsa Caws a tomato****Cheese and tomato Pizza** | **Crumpets wedi eu tostio hefo jam** **Toasted crumpets with jam** |
| **Pwdin** | **Ffrwyth a llefrith / fruit and milk** | **bisged a siocled poeth****Shortbread and hot chocolate** | **Ffrwyth a llefrith / fruit and milk** | **Iogwrt bach / yoghurt** | **Ffrwyth a llefrith / fruit and milk** |

**Bwydlen Gaeaf- wythnos 2**

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|  | **Dydd Llun** | **Dydd Mawrth** | **Dydd Mercher** | **Dydd Iau** | **Dydd Gwener** |
| **Brecwast** | **Rice krispies** | **Multigrain Hoops** | **Tost a jam / jam on toast** | **Weetabix**  | **Uwd / porridge** |
| **Cinio** | **Leek and potato soup hefo bara menyn****Leek and potato soup with bread** | **Cinio rhost, Tatws rhost, llysiau, grefi****Roast dinner,vegetables and gravy** | **Morroccan lamb hefo cous-cous****morroccan lamb with cous cous** | **Lasagne hefo bara garlleg****Lasagne with garlic bread** | **Tiwna, corn melyn pasta bec****Tuna, sweetcorn pasta bake** |
| **Pwdin** | **Pwdin reis / pudding rice** | **Cacen spwng jam a cwstard / jam spounge with custard** | **Iogwrt a mefus / yoghurt and strawberries** | **Jeli a hufen ia / jelly and ice cream** | **Cwcis uwd cartref / Homemade oaty cookies** |
| **Te bach** | **Wy wedi ei sgramblo ar dost / scrambled egg + toast** | **Pitsa caws a tomato / cheese and tomato pizza** | **Caws ar dost / cheese on toast** | **Cacen reis, hwmws, ciwcymbyr a ffyn moron / Rice cakes, houmous, cucumber a carrot sticks** | **Brechdannau ham a Philadelphia****Pom bears / ham and philadephia sandwiches + pom bears** |
| **Pwdin** | **Ffrwyth a llefrith / fruit and milk** | **Iogwrt bach / yoghurt** | **Ffrwyth a llefrith / fruit and milk** | **Siocled poeth / hot chocolate** | **Ffrwyth a llefrith / fruit and milk** |

**Bwydlen Gaeaf – Wythnos 3**

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| --- | --- | --- | --- | --- | --- |
|  | **Dydd Llun** | **Dydd Mawrth** | **Dydd Mercher** | **Dydd Iau** | **Dydd Gwener** |
| **Brecwast** | **Multigrain hoops** | **Tost a jam / Jam on Toast** | **Weetabix**  | **Uwd / Porridge** | **Rice krispies** |
| **Cinio** | **Fish pie hefo tatws mash a mix veg****Fish pie, mash and mix veg** | **Sausage and bake bean casserole + llysiau****Sausage and bake bean casserole + veg** | **Cottage pie hefo broccoli****Cottage pie + veg** | **Chicken a mixed peppers fajitas mix hefo saws tomato a roasties bach.****Chicken a mixed peppers fajitas mix with tomato sauce and mini roasties**  | **Jacket potatoes hefo chilli con carne****Jacket potato with chilli con carne** |
| **Pwdin** | **Salad ffrwythau / fruit salad** | **Iogwrt bach / Yoghurt** | **Jeli a hufen ia / jelly + ice cream** | **Carrot muffins** | **Pwdin reis / rice pudding** |
| **Te bach** | **Beans ar dost hefo caws****Beans on toast with cheese** | **Pasta hefo caws a saws tomato****Pasta with tomato sauce and cheese** | **Brechdannau cyw iar****Pom bears a Tomatoes bach****Chicken sandwiches, pom bears and cherry tomatoes** | **Bagel hefo soft cheese****Carrot a cucumber sticks****Bagel with soft cheese + cucumber and carrto sticks** | **Toasted tea cakes hefo jam****Toasted tea cakes with jam**  |
| **Pwdin** | **Banana loaf** | **Raisin cookies** | **Ffrwyth a llefrith /fruit and milk** | **Iogwrt bach / yoghurt** | **Ffrwyth a llefrith/fruit and milk** |

**Bwydlen wythnos 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun / monday | Dydd Mawrth / tueday | Dydd Mercher / wednesday | Dydd Iau / thursday | Dydd Gwener / friday |
| Brecwast/ breakfast | Uwd / Porridge | Rice Krispies | Multigrain Hoops | Tost a Jam / jam on toast | Weetabix  |
| Cinio / lunch | Peli cig, saws tomato, pasta a llysiau cymysgMeatballs, tomato sauce , mix veg a pasta | Bysedd pysgod, sweet potato chips, a binsFish fingers, sweet poato chips a beans | Cyw iar melys a sur hefo reis Sweet and sour chicken with rice | Cawl moron a coriander hefo bara menynCarrot and coriander soup with bread + butter | Somerset Pork and apple casserole |
| Pwdin/ pudding | Cacen sponge plaen a cwstardPlain sponge cake + custard | Iogwrt a ffrwyth / yoghurt and fruit | Fflapjac / flapjack | Tarten corn flakes Crunchy corn flake tart | Greek yogurt + mel / Greek style yoghurt with honey |
| Te bach / tea | Bagel,caws meddal a Pom bearsBagel, soft cheese + pom bears | Brechdannau wy a salad cream , Cucumber a cherry tomatoEgg sandwich with salad cream, cucumber and cherry tomatoes | Beans ar dost hefo cawsBeans on toast with cheese | Pitsa Caws a tomatoCheese and tomato Pizza | Crumpets wedi eu tostio hefo jam Toasted crumpets with jam |
| Pwdin / pudding | Ffrwyth a llefrith / fruit and milk | bisged a siocled poethShortbread and hot chocolate | Ffrwyth a llefrith / fruit and milk | Iogwrt bach / yoghurt | Ffrwyth a llefrith / fruit and milk |

**Rhestr cynhwysion a alergeddau / list of ingredient and allergy list**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun / monday | Dydd Mawrth / tuesday | Dydd Mercher / wednesday | Dydd Iau / Thursday | Dydd Gwener / Friday |
| Brecwast / breakfast | Ready brek , oat milk , cows milk | Rice krispies, oat milk , cows milk | Multigrain hoops, oat milk , cows milk | Bread, butter , jam  | Weetabix, oat milk , cows milk |
| Alergeddau / allergy | oats | Barley , oats | Oats, wheat, barley | Wheat, soya | Oats, wheat, barley |
| Cinio / lunch | Meatballs, Pasta , mix veg, passata and chopped tomatoes | Fish fingers, sweet potato chips, baked beans | Chicken fillet, rice, vegetables, soya sauce, tomato ketchup ad orange juice | Carrots, Coriander, vegetable stock, bread and butter  | Pork , apple, vegetable stock, vegetable stew pack |
| Alergeddau / allergy | Wheat  | Wheat, Fish | Soya, wheat | Wheat, barley, celery, soya | Wheat, barley, celery  |
| Pwdin / pudding | Eggs, flour, caster sugar, butter, custard | Creamfields small yoghurt, dairy free yoghurt and fruit  | Rolled oats, syrup, butter,  | Shortcrust pastry, plain flour, butter, golden syrup, corn flakes, jam and custard | Tesco Greek style yoghurt, dairy free yoghurt and honey |
| Alergeddau / allergy | Eggs, wheat, milk  | Milk, soya | - | Wheat, barley, milk  | Milk, soya  |
| Te bach / tea | Soft cheese , Pom bears , bagels | Bread, eggs, salad cream, cucumber and tomatoes | Bread, cheese, butter and bakes beans | Pizza cheese and tomato | Crumpets, butter and jam  |
| Alergeddau / allergy | Milk, soya, wheat, rye, barley  | Wheat, soya, mustrd, egg | Wheat, Soya, Milk  | Wheat, Milk  | Wheat |
| Pwdin / pudding | Fruit, oat milk and cows milk | Cows milk. Oat milk, coco powder, unsalted butter, caster sugar, plain flour | Fruit, cows milk, oat milk | Creamfield yoghurt, dairy free yoghurt | Fruit, cows milk and oat milk |
| Alergeddau / allergy | oats | Wheat, milk, M/C Milk | Oats | Milk, soya  | Oats |

**Bwydlen wythnos 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun | Dydd Mawrth | Dydd Mercher | Dydd Iau | Dydd Gwener |
| Brecwast | Rice krispies | Multigrain Hoops | Tost a jam / jam on toast | Weetabix  | Uwd / porridge |
| Cinio | Leek and potato soup hefo bara menynLeek and potato soup with bread | Cinio rhost, Tatws rhost, llysiau, grefiRoast dinner,vegetables and gravy | Morroccan lamb hefo cous-cousmorroccan lamb with cous cous | Lasagne hefo bara garllegLasagne with garlic bread | Tiwna, corn melyn pasta becTuna, sweetcorn pasta bake |
| Pwdin | Pwdin reis / pudding rice | Cacen spwng jam a cwstard / jam spounge with custard | Angel Delight a mefus / Angel Delight and strawberries | Jeli a hufen ia / jelly and ice cream | Cwcis uwd cartref / Homemade oaty cookies |
| Te bach | Wy wedi ei sgramblo ar dost / scrambled egg + toast | Pitsa caws a tomato / cheese and tomato pizza | Caws ar dost / cheese on toast | Cacen reis, hwmws, ciwcymbyr a ffyn moron / Rice cakes, houmous, cucumber a carrot sticks | Brechdannau ham a PhiladelphiaPom bears / ham and philadephia sandwiches + pom bears |
| Pwdin | Ffrwyth a llefrith / fruit and milk | Iogwrt bach / yoghurt | Ffrwyth a llefrith / fruit and milk | Siocled poeth / hot chocolate | Ffrwyth a llefrith / fruit and milk |

**Rhestr cynhwysion a alergeddau / list of ingredient and allergy list**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun / monday | Dydd Mawrth / tuesday | Dydd Mercher / wednesday | Dydd Iau / Thursday | Dydd Gwener / Friday |
| Brecwast / breakfast | Rice krispies, cows milk , oats milk  | Multigrain hoops, cows milk , oats milk  | Bread, butter , jam | Weetabix, cows milk, oat milk,  | Ready brek, cows milk, oat milk |
| Alergeddau / allergy | Barley, oats | oat, Wheat, Barley  | Wheat,soya  | Oat, wheat, barley  | Oats  |
| Cinio / lunch | Leeks, potatoes, vegetable stock, onion, bread, butter | Chicken, potatoes, roast potatoes, vegetables and gravy | Diced lamb, carrots, onion, hot water, tomato puree, cinnamon, cumin, coriander, cous-cous. | Onion, beef mince, red peppers, garlic powder, cumin, coriander, tomato puree, chopped tomatoes, tortilla wrap, cheese sauce | Tuna, sweetcorn, pasta, passata, cheese, chopped tomatoes |
| Alergeddau / allergy | Celery, wheat, barley, soya | Wheat, Barley,soya  | - | Wheat,Milk, mustard, soya  | Fish, wheat, milk  |
| Pwdin / pudding | Cows milk, oat milk, rice pudding, | Flour, sugar, butter, eggs, jam and custard | Angel Delight,milk, oat milk strawberries | Mrs molly’s ice cream, dairy free ice cream, jelly | Wholemeal flour, baking powder, porridge oats, caster sugar, butter, golden syrup , cows milk / oat milk |
| Alergeddau / allergy | Milk, oats  | Wheat, milk  | Milk, oat  | Milk  | Wheat, milk/oat milk  |
| Te bach / tea | Eggs, cows milk, oat milk, bread and butter | Pizza cheese and tomato | Cheese, bread , butter | Rice cakes, humous, cucumber , carrots  | Ham, bread, Philadelphia, pom bears |
| Alergeddau / allergy | Eggs, milk, wheat, soya  | Wheat, milk  | Wheat, soya, milk  | Sesame seeds  | Wheat, soya, cheese/milk |
| Pwdin / pudding | Fruit, cows milk, oat milk | Creamfields yoghurt, dairy free yogurt | Fruit, cows milk, oat milk  | Cows milk, oat milk, coco powder | Fruit, cows milk, oat milk.  |
| Alergeddau / allergy | Milk, soya  | Soya, Milk  | Milk, Soya  | Milk, wheat, M/C Milk  | Milk, soya  |

**Bwydlen wythnos 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun / monday | Dydd Mawrth / tuesday | Dydd Mercher / wednesday | Dydd Iau / Thursday | Dydd Gwener / Friday |
| Brecwast | Multigrain hoops | Tost a jam / Jam on Toast | Weetabix  | Uwd / Porridge | Rice krispies |
| Cinio | Fish pie hefo tatws mash a mix vegFish pie, mash and mix veg | Sausage and bake bean casserole + llysiauSausage and bake bean casserole + veg | Cottage pie hefo broccoliCottage pie + veg | Chicken a mixed peppers fajitas mix hefo saws tomato a roasties bach.Chicken a mixed peppers fajitas mix with tomato sauce and mini roasties  | Jacket potatoes hefo chilli con carneJacket potato with chilli con carne |
| Pwdin | Salad ffrwythau / fruit salad | Iogwrt bach / Yoghurt | Jeli a hufen ia / jelly + ice cream | Carrot muffins | Pwdin reis / rice pudding |
| Te bach | Beans ar dost hefo cawsBeans on toast with cheese | Pasta hefo caws a saws tomatoPasta with tomato sauce and cheese | Brechdannau cyw iarPom bears a Tomatoes bachChicken sandwiches, pom bears and cherry tomatoes | Bagel hefo soft cheeseCarrot a cucumber sticksBagel with soft cheese + cucumber and carrto sticks | Toasted tea cakes hefo jamToasted tea cakes with jam  |
| Pwdin | Banana loaf | Raisin cookies | Ffrwyth a llefrith /fruit and milk | Iogwrt bach / yoghurt | Ffrwyth a llefrith/fruit and milk |

**Rhestr cynhwysion a alergeddau / list of ingredient and allergy list**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Dydd Llun / monday | Dydd Mawrth / tuesday | Dydd Mercher / wednesday | Dydd Iau / Thursday | Dydd Gwener / Friday |
| Brecwast / breakfast | Multigrain hoops, Cows milk, oats milk | Bread, butter, jam | Weetabix, cows milk, oats milk | Ready brek, oat milk, cows milk | Rice krispies, cows milk, oats milk |
| Alergeddau / allergy | Oat, wheat, barley  | Wheat, Soya | Oat, wheat, barley | Oat, | Barley, oats |
| Cinio / lunch | Fish fillets, potatoes,mix veg and parsley sauce | Sausages, peppers, diced potatoes, carrots, onion, bakes beans, veg stock | Beef mince, onion, gravy, potatoes, broccoli  | Smoked paprika, cumin, garlic salt, chicken breast, onion, yellow and red peppers, passata, chopped tomatoes, mini roast potatoes | Onion, garlic salt, carrots, coriander, beef mince, chopped tomatoes, beef stock, passata, peppers, sweetcorn, rice, tortilla crisps, jacket potatoes |
| Alergeddau / allergy | Fish, barley, milk, soya  | Sodium **Metabisulphite, wheat**  | Wheat, barley, soya | - | Wheat, |
| Pwdin / pudding | Apples, oranges, kiwi, peaches, pineapple, pear and pineapple juice | Creamfields yoghurt Dairy free yoghurt | Jelly, ice cream, diary free ice cream  | d.free butter, carrots, sugar, flour, cinnamon, baking powder, sultans  | Cows milk, oat milk, rice pudding  |
| Alergeddau / allergy | - | Milk, soya | Milk | Wheat | Milk, oat milk |
| Te bach / tea | Baked beans, bread, butter, cheese | Pasta, chopped tomatoes, passata, basil, cheese  | Bread, butter, chicken, pom bears, cherry tomatoes,  | Bagel, soft cheese, carrot , cucumber | Toasted tea cakes, butter, jam |
| Alergeddau / allergy | Wheat, soya, milk | Wheat, milk | Wheat, soya, | Wheat, barley, rye, milk | Wheat |
| Pwdin / pudding | Butter, caster sugar, eggs, ripe banana (mashed) ,self-rising flour, baking powder, cows milk, oat milk | All purpose flour, ground cinnamon, baking soda, unsalted butter, granulated sugar, eggs, old fashion rolled oats, rasins  | Fruit ,cows milk, oat milk | Creamfields yoghurtDairy free yogurt | Fruit, cows milk, oat milk |
| Alergeddau / allergy | Eggs, wheat, milk, oat milk | Wheat, eggs, | Milk, oat milk | Milk, soya | Milk |