**Bwydlen Gaeaf – Wythnos 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 cymysg  Meatballs, tomato sauce , mix veg a pasta | Bysedd pysgod, sweet potato chips, a bins  Fish 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 menyn  Carrot and coriander soup with bread + butter | Somerset Pork and apple casserole |
| Pwdin/ pudding | 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 / tea | 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 / pudding | 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 |

**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 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 | 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 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 |

**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 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 |

**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 yoghurt  Dairy free yogurt | Fruit, cows milk, oat milk |
| Alergeddau / allergy | Eggs, wheat, milk, oat milk | Wheat, eggs, | Milk, oat milk | Milk, soya | Milk |