

WYTHNOS 2 WEEK 2	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
BRECWAST-BREAKFAST	GRAWNFWYD A FFRWYTH – CEREAL AND FRUIT  DIOD O LEFRITH BUWCH NEU DDWR I FABANOD O DAN 1 OED- A DRINK OF COWS MILK OR WATER FOR BABIES UNDER 1	GRAWNFWYD A FFRWYTH - CEREAL AND FRUIT  DIOD O LEFRITH BUWCH NEU DDWR I FABANOD O DAN 1 OED- A DRINK OF COWS MILK OR WATER FOR BABIES UNDER 1	GRAWNFWYD A FFRWYTH - CEREAL AND FRUIT  DIOD O LEFRITH BUWCH NEU DDWR I FABANOD O DAN 1 OED- A DRINK OF COWS MILK OR WATER FOR BABIES UNDER 1	GRAWNFWYD A FFRWYTH - CEREAL AND FRUIT  DIOD O LEFRITH BUWCH NEU DDWR I FABANOD O DAN 1 OED- A DRINK OF COWS MILK OR WATER FOR BABIES UNDER 1	GRAWNFWYD A FFRWYTH - CEREAL AND FRUIT  DIOD O LEFRITH BUWCH NEU DDWR I FABANOD O DAN 1 OED- A DRINK OF COWS MILK OR WATER FOR BABIES UNDER 1
CINIO - LUNCH	SGLODION, 'GOIJONS PENFRAS' A PUS GARDD – CHIPS, COD GOIJONS & GARDEN PEAS  BANANA A BISGED – BANANAS AND BISCUITS  DIOD O DDWR-DRINK OF WATER	'FRICASSEE' CYW IAR CARTREF YN CYNNWYS MORON, MADARCH, PYS GWYRDD A PYS MELYN HEFO REIS  JELI A HUFEN IA – JELLY AND ICE CREAM  DIOD O DDWR – DRINK OF WATER	PASTA 'MEDITERRANEAN' YN CYNNWYS FFACBYS, GARLLEG, PUPUR OREN, TOMATO A PLANHIGYN WY, 'COURGETTE' A NIONOD  FLAPIAC CARTEF – HOMEMADE FLAPIACK  DIOD O DDWR – DRINK OF WATER	PEI BWTHYN CARTREF GYDA TATWS MELYS YN CYNNWYS PYS GWYRDD, PYS MELYN A NIONOD HEFO BROCOLI  SBWNG FANILA CARTREF A CWSTARD – HOMEMADE VANILLA SPONGE WITH CUSTARD  DIOD O DDWR–DRINK OF WATER	LOB SGOWS CIG EIDION CARTREF HEFO BARA  BAR CRYMBL APRICOT CARTREF -- APRICOT CRUMBLE BAR  DIOD O DDWR – DRINK OF WATER
TE BACH – AFTERNOON SNACK	BRECHDAN CAWS A TOMATOS BACH – CHEESE SANDWICH WITH CHERRY TOMATOES  DIOD O DDWR–DRINK OF WATER	TOST PITSA & CYRAINJ – PIZZA TOAST WITH RAISINS  DIOD O DDWR – DRINK OF WATER	CACEN REIS HEFO MENYN CNAUDAEAR A MEFUS – RICE CAKE WITH PEANUT BUTTER AND STRAWBERRIES  DIOD O DDWR – DRINK OF WATER	WRAPS CYW IAR A CIWCYMBR – CHICKEN WRAPS WITH CUCUMBER  DIOD O DDWR–DRINK OF WATER	BARA 'PITTA' HEFO CAWS MEDDAL A MELON DWR – PITTA BREAD WITH SOFT CHEESE AND WATERMELON  DIOD O DDWR – DRINK OF WATER

**Hoffwn nodi bod ein prydau yn defnyddio cig “celtic pride PGI”, selsigion o gigydd lleol, wyau ameriad rhydd Cymraeg a tatws o fferm leol.**

**We would like to add that all of the meals use Celtic Pride PGI meat, sausages from local butchers, Welsh free-range eggs and potatoes from a local farm.**