

WYTHNOS 3 WEEK 3	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	PITSA HAM A CAWS HEFO SALAD FFRES – HAM AND CHEESE PIZZA WITH FRESH SALAD  LOLI POP FFRWYTHAU IA CARTREF – HOMEMADE FRUIT LOLLYPOPS  DIOD O DDWR-DRINK OF WATER	CINIO CYW IAR HEFO TATWS WEDI STWNSHO, MORON, BROCOLI A PWDIN SWYDD EFROG A GREIFI – CHICKEN DINNER WITH MASHED POTATOES, CARROTS, BROCOLI AND A YORKSHIRE PUDDING AND GRAVY  PWDIN REIS CARTREF – HOMEMADE RICE PUDDING  DIOD O DDWR – DRINK OF WATER	CYRI CYW IAR HEFO REIS A BARA 'NAAN' – CHICKEN CURRY WITH RICE AND NAAN BREAD  'MUFFINS' BANANA CARTEF – HOMEMADE BANANA MUFFINS  DIOD O DDWR – DRINK OF WATER	PASTA TIWNA A PYS MELYN & BARA GARLLEG – TUNA PASTA BAKE WITH SWEETCORN AND GARLIC BREAD  JELI FFRWYTHAU – FRUIT JELLY  DIOD O DDWR-DRINK OF WATER	CAWL CYW IAR A LLYSIAU A BARA – CHICKEN AND VEGETABLE SOUP WITH BREAD  CRYMBL AFFAL CARTREF HEFO HUFEN IA – HOMEMADE APPLE CRUMBLE WITH ICE CREAM  DIOD O DDWR – DRINK OF WATER
TE BACH – AFTERNOON SNACK	IOGWRT A BISGED – YOGURT AND BISCUITS  DIOD O DDWR-DRINK OF WATER	CAWS, CRACER A HAM HEFO MAFON – CHEESE, CRACKERS AND HAM WITH RASPBERRIES  DIOD O DDWR – DRINK OF WATER	BARA PITTA EFO CAWS MEDDAL, TOMATO, CIWCYMBR & AFAL – PITTA BREAD WITH SOFT CHEESE, CHERRY TOMATOES, CUCUMBER AND APPLES  DIOD O DDWR – DRINK OF WATER	CAWS AR DOST & CYRAINJ – CHEESE ON TOAST AND RAISINS  DIOD O DDWR-DRINK OF WATER	FFA POB AR DOST A MEFUS – BAKED BEANS ON TOAST WITH STRAWBERRIES  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.**