

Bwydlen Safle Ystalyfera

	Wythnos 1	Wythnos 2	Wythnos 3
Dydd Llun	Pizza Caws a Tomato Tatws 'Smiley Faces' neu Wedges Ffa pob neu Salad <i>Hufen lâ a Ffrwythau</i>	Pasta Bolonaise gyda bara garlleg Pys/India corn neu Salad <i>Rholyn Hufen lâ Mafon</i>	Selsig mewn byn gyda croquettes neu wedges Pys neu salad Hufen lâ gyda Eirinen Wlanog
Dydd Mawrth	Cyri cyw iâr gyda reis a bara naan Salad neu lysiau cymysg <i>logwrt Ffrwyth</i>	Pobi Cyw iâr a Phasta mewn saws tomato Salad a India corn <i>Jeli Ffrwythau & Hufen lâ</i>	Pasta cyw iâr a llysiau mewn saws caws Salad a India corn <i>Jeli Ffrwythau</i>
Dydd Mercher	Cig Eidion wedi Rhostio, Pwdin Sir Efrog a grefi Tatws Wedi'u Berwi neu Mash, pys neu foron <i>Caws a bisgedi neu ffrwythau</i>	Selsig a Phwdin Sir Efrog gyda grefi, Tatws wedi rhostio neu mash gyda llysiau cymysg <i>Sbwng ffrwythau a chwstard</i>	Twrci wedi rhostio, stwffin a grefi Tatws Mash, bresych a moron <i>Donuts Bach</i>
Dydd Iau	Pei 'Corned Beef' neu gaws Ffa Pob neu Salad <i>Eirinen Wlanog a Hufen</i>	Pei 'Minced beef' neu 'cottage pie' Swede a thatws, Ffa gwyrdd neu foron <i>logwrt Ffrwyth</i>	Peli cig a phasta mewn saws tomato Pys a India corn <i>Crymbl Afal a Chwstard</i>
Dydd Gwener	Bysedd pysgod neu deisen Salmon a Sglodion Pys neu Salad <i>Bisgien Mawr</i>	Pysgod mewn bara neu deisen Salmon a Sglodion Pys neu Ffa pob <i>Sbwng siocled a hufen</i>	Bysedd pysgod neu deisen Salmon a Sglodion Ffa pob neu Salad <i>Rhôn Arctig</i>

Ar gael pob dydd: Ffrwythau Ffres , Salad tymhorol , Dewis dyddiol o frechdanau, Pasta, Bara cyflawn. O bryd i'w gilydd, am resymau y tu hwnt i'n rheolaeth, efallai y bydd yn rhaid newid y bwydlenni yn fyr rhybudd.

Food Menu Ystalyfera Site

	Week 1	Week 2	Week 3
Monday	Cheese & Tomato Pizza Potato Smiles or Wedges Baked Beans or Salad <i>Ice Cream and Fruit</i>	Pasta Bolognaise with garlic bread Peas/Sweetcorn or Salad <i>Raspberry Ripple Arctic Roll</i>	Sausage in a bun with croquettes or wedges Peas or salad <i>Peaches and Ice Cream</i>
Tuesday	Chicken curry with rice and naan bread Salad or mixed vegetables <i>Assorted Fruit Yoghurt</i>	Chicken and Pasta bake in tomato sauce Salad and Sweetcorn <i>Fruit Jelly & Ice Cream</i>	Chicken and vegetable pasta bake in a cheese sauce Sweetcorn and Salad <i>Fruit Jelly</i>
Wednesday	Roast Beef, Yorkshire Pudding and gravy Boiled or Mash Potatoes, peas or carrots <i>Cheese and biscuits or fruit</i>	Sausage & Yorkshire Pudding with gravy Roast or mash potato with Mixed vegetables <i>Fruit sponge and custard</i>	Roast Turkey, stuffing and gravy Mash potato, cabbage and carrots <i>Mini Donuts</i>
Thursday	Corned beef or cheese and onion pie Baked Beans or Salad <i>Peaches and Cream</i>	Minced beef cottage pie Swede and potato mash, Green beans or carrots <i>Assorted fruit yogurts</i>	Meatballs and pasta in tomato sauce Peas and Sweetcorn <i>Apple crumble and custard</i>
Friday	Fish Fingers or Salmon Fishcakes & Chips Peas or salad <i>Large cookie</i>	Breaded Fish or Salmon Fishcakes & Chips Garden Peas or Baked Beans <i>Chocolate sponge and cream</i>	Fish fingers or salmon fishcakes with chips Beans or Salad <i>Arctic Roll</i>

Available daily: - Fresh Fruit , Seasonal Salads , A daily choice of sandwiches, Pasta, Wholemeal read.

Occasionally, for reasons beyond our control, the menus may have to be changed at short notice