

Week 1/Wythnos 1

Monday/ Dydd Llun	Tuesday/ Dydd Mawrth	Wednesday/ Dydd Mercher	Thursday/ Dydd Iau	Friday/ Dydd Gwener
Lasagne with Garlic Bread	Cottage Pie with Vegetables	Big Breakfast	Roast Dinner	Fish and Chips
Lasagne a Bara Garlleg	Pastai'r Bwthyn A Llysiau	Brecwast Mawr	Cinio Rhost	Pysgod a Sglodion
Vegetable Korma with Rice	Macaroni Cheese with Garlic Bread	Vegetable Quiche with Side Salad & Coleslaw	Vegetable Ciabatta Pizza with Coleslaw	Cheese and Tomato Puff with Salad & Coleslaw
Korma Llysiau a Reis	Caws Macaroni a Bara Garlleg	Quiche Llysiau, Salad Bach a Coleslaw	Pitsa Ciabatta Llysiau a Coleslaw	Puff Caws a Tomato, Salad Bach a Coleslaw

Week 2/Wythnos 2

Monday/ Dydd Llun	Tuesday/ Dydd Mawrth	Wednesday/ Dydd Mercher	Thursday/ Dydd Iau	Friday/ Dydd Gwener
Spaghetti Bolognese and Garlic Bread	Sweet and Sour Chicken with Rice	Chicken Pie, Mashed Potatoes and Vegetables	Roast Dinner	Fish and Chips
Bolognese Spaghetti a Bara Garlleg	Cyw Iâr Sur a Melys a Reis	Pastai Cyw Iâr, Tatws Stwnsh a Llysiau	Cinio Rhost	Pysgod a Sglodion
Vegetable Calzone Pizza with Side Salad	Vegetable Moussaka with Garlic Bread	Tomato and Basil Pasta with Garlic Bread	Vegetable Jambalaya	Spinach Lasagne with Side Salad
Pitsa Calzone Llysiau a Salad Bach	Moussaka Llysiau A Bara Garlleg	Pasta Tomato a Basil a Bara Garlleg	Jambalaya Llysiau	Lasagne Sbigoglys a Salad Bach

Week 3/Wythnos 3

Monday/ Dydd Llun	Tuesday/ Dydd Mawrth	Wednesday/ Dydd Mercher	Thursday/ Dydd Iau	Friday/ Dydd Gwener
Beef Pie, Mashed Potatoes and Vegetables	Buffalo Chicken with Wedges	Crispy topped Cumberland Pie and Vegetables	Beef Stew with Dumplings	Fish and chips
Pastai Eidion, Tatws Stwnsh a Llysiau	Cyw Iâr Byfflo	Pastai Cumberland Phen Crensiog a Llysiau	Stiw Cig Eidion a Thwmpenni	Pysgod a Sglodion
Cauliflower and Broccoli Bake	Vegetable Chilli Noodles	Creamy Mushroom and Garlic Pasta Bake	Cheesy Tortilla Stack	Quorn Chilli with Rice
Blodfresych a Brocoli Pobi	Nwdls Llysiau Chilli	Pasta Madarch a Garlleg Hufennog	Pentwr Tortilla Cawslyd	Quorn Chilli a Reis

Week 4/Wythnos 4

Monday/ Dydd Llun	Tuesday/ Dydd Mawrth	Wednesday/ Dydd Mercher	Thursday/ Dydd Iau	Friday/ Dydd Gwener
Beef Enchiladas with Coleslaw	Hunters Chicken with Wedges	Sausage with Mashed Potatoes and Beans	Sweet Chilli and Chicken Stir Fry	Fish and Chips
Enchiladas Eidion a Coleslaw	Cyw Iâr Helwyr	Selsig, Tatws Stwnsh a Ffa	Cyw Iâr Chilli Melys wedi Tro-Ffrio	Pysgod a Sglodion
Vegetable Curry with Rice	Mushroom Stroganoff with Rice	Quorn Cottage Pie with Vegetables	Leek and Potato Bake	Three Cheese Tuna and Pasta Bake with Garlic Bread
Cyri Llysiau a Reis	Stroganoff Madarch a Reis	Pastai'r Bwthyn Quorn a Llysiau	Cennin a Thatws Pob	Pasta Tiwna a Tri Chaws a Bara Garlleg