WYTHNOS 1 WEEK 1	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, 'GOUJONS' CYW IAR A BEANS – CHIPS, CHICKEN GOUJONS AND BEANS IOGWRT NATURIOL A LLUS- NATURAL YOGURT AND BLUEBERRIES DIOD O DDWR – DRINK OF WATER	LASANIA CIG EIDION CARTREF YN CYNNWYS MADARCH, PUPUR COCH A MELYN A NIONOD HEFO BARA GARLLEG EIRIN & HUFEN IA – ICE CREAM AND PEACHES DIOD O DDWR – DRINK OF WATER	CAWL LLYSIAU A CORBYS CARTREF YN CYNNWYS MORON, PANAS, RWDAN, NIONOD, CENNIN A TATWS HEFO BARA BAR CRYMBL MAFON CARTREF – HOMEMADE RASPBERRY CRUMBLE BAR DIOD O DDWR–DRINK OF WATER	PEI PYSGODYN CARTEF MEWN SAWS GWYN YN CYNNWYS PYS GWYRDD, PYS MELYN, MORON, TATWS SBWNJ YSGOL SIOCLED CARTREF HEFO CWSTARD – HOMEMADE CHOCOLATE SCHOOL SPONGE WITH CUSTARD DIOD O DDWR – DRINK OF WATER	CYW IAR MEWN SAWS MELYS A SUR HEFO PUPUR, NIONOD, PINAFAL A REIS. MYFFINS LLUS CARTREF – HOMEMADE BLUEBERRY MUFFINS DIOD O DDWR – DRINK OF WATER
TE BACH – AFTERNOON SNACK	BAGEL A CAWS MEDDAL HEFO MAFON – BAGEL AND SOFT CHEESE WITH RASPBERRIES DIOD O DDWR–DRINK OF WATER	CRACER EFO CAWS DAIRYLEA A LLUS– CRACKERS, DAIRYLEA CHESSE AND BLUEBERRIES DIOD O DDWR – DRINK OF WATER	TOST HEFO MENYN CNAU DAEAR A BANANA- PEANUT BUTTER ON TOAST WITH BANANA DIOD O DDWR – DRINK OF WATER	BRECHDAN HAM A MEFUS HAM SANDWICH AND STRAWBERRIES DIOD O DDWR–DRINK OF WATER	SELERI, OREN A BARA BANANA – CELERY, ORANGES AND BANANA BREAD 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.