

| Dydd Iau 16eg o Orffennaf                                                                                                                                                                                                                                                                                                                                                                              | Friday 17eg o Orffennaf                                                                                                              |
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| <b>Pasta Tomato (LI)</b><br><b>neu Pasta Tiwna</b><br><br><u>neu</u><br><b>Tatws Pob gyda Caws (LI) neu</b><br><b>Tiwna Mayo</b>                                                                                                                                                                                                                                                                       | <b>Goujons Pysgod</b><br><b>neu Salmon Bybl</b><br><br><u>neu</u><br><b>Byrgyr</b><br><b>Llysieuol mewn byn gwenith cyflawn (LI)</b> |
| <b>Corn Melys (tun) ac eitemau salad</b>                                                                                                                                                                                                                                                                                                                                                               | <b>Wedi'i weini gyda sglodion</b><br><i>(* Bydd tatws pob ar gael os yn bosibl)</i><br><b>Ffa Pob a Coleslaw</b>                     |
| <b>logwrt</b><br><b>logwrt wedi'i rewi</b><br><b>Bisged sinsir</b><br><b>gyda ffrwythau</b><br><b><u>Opsiynau amgen (os oes angen):</u></b><br><ul style="list-style-type: none"> <li><b><i>Fflapjac banana neu Cwci Coco</i></b></li> </ul> <p>Byddem yn dymuno i'r rhain gael eu defnyddio<br/>cyn lleied a phosibl er mwyn cyfyngu ar y cogi<br/>nio</p> <p><i>(Ni fydd Pob opsiwn ar gael)</i></p> | <b>Syndae Ffrwythau</b>                                                                                                              |

| Thursday 16 <sup>th</sup> July                                                                                                                                                                                                                                                                                                                        | Friday 17 <sup>th</sup> July                                                                                   |
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| <b>Tomato Pasta (V)</b><br><b>or Tuna Pasta</b><br><u>or</u><br><b>Jacket Potato with Cheese (V) or</b><br><b>Tuna Mayo</b>                                                                                                                                                                                                                           | <b>Fish Goujons</b><br><b>or Bubble Salmon</b><br><u>or</u><br><b>Veggie Burger in a wholemeal bun (V)</b>     |
| <b>Sweetcorn (tinned)</b><br><b>&amp;</b><br><b>Salad items</b>                                                                                                                                                                                                                                                                                       | <b>Served with Chips</b><br><i>(*Jackets may be offered if available)</i><br><b>Baked Beans &amp; Coleslaw</b> |
| <b>A choice of: -</b><br><br><b>Yoghurt</b><br><b>Frozen Yoghurt</b><br><b>Gingerbread</b><br><br><b>All served with fruit</b><br><br><b><u>Alternative options (if required):</u></b><br><b>Banana flapjack or Cocoa Cookie</b><br><i>We would prefer these to be used sparingly to limit cooking</i><br><i>(*Not all options will be available)</i> | <b>Fruit Sundae</b>                                                                                            |