

Enw / Name .....

Rhif Ffôn / Phone Number .....

Cyfeiriad Llawn / Full Address .....

Wythnos 1 Week	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
Dewis 1 Option 1	Lobsgows with Fresh Bread <input type="checkbox"/>	Stuffed Chicken Wrapped in Bacon <input type="checkbox"/>	Roast Pork, Apple Sauce & Stuffing <input type="checkbox"/>	Sausages Onion Gravy & Swede Mash <input type="checkbox"/>	Cod Mornay <input type="checkbox"/>
Dewis 2 Option 2	Roast Chicken & Stuffing <input type="checkbox"/>	Beef Meatballs in Onion Gravy <input type="checkbox"/>	Homemade Quiche with New Potatoes <input type="checkbox"/>	Minced Beef and Onion Pie <input type="checkbox"/>	Roast Beef, Gravy & Yorkshire Pudd <input type="checkbox"/>
Pwddin Pudding	Apple Crumble with Custard <input type="checkbox"/>	Jam & Coconut Sponge with Custard <input type="checkbox"/>	Rhubarb Crumble & Custard <input type="checkbox"/>	Chocolate Sponge with Chocolate Sauce <input type="checkbox"/>	Jam Roly Poly & Custard <input type="checkbox"/>

Wythnos 2 Week	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
Dewis 1 Option 1	Braising Steak in Onion Gravy <input type="checkbox"/>	Sweet & Sour Pork with Rice <input type="checkbox"/>	Roast Turkey & All the Trimmings <input type="checkbox"/>	Tatws Popty & Diced Beef <input type="checkbox"/>	Cod in Batter with Chips & Peas <input type="checkbox"/>
Dewis 2 Option 2	Baked Ham & Parsley Sauce <input type="checkbox"/>	Roast Chicken with Stuffing <input type="checkbox"/>	Steak & Onion Pie <input type="checkbox"/>	Bacon Chop with Pineapple & New Potatoes <input type="checkbox"/>	Beef Stew & Dumplings <input type="checkbox"/>
Pwddin Pudding	Rice Pudding & Shortbread <input type="checkbox"/>	Spiced Sponge & Custard <input type="checkbox"/>	Peach Sponge & Custard <input type="checkbox"/>	Trifle <input type="checkbox"/>	Cherry Crumble & Custard <input type="checkbox"/>

Wythnos 3 Week	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
Dewis 1 Option 1	Lobsgows with Fresh Bread <input type="checkbox"/>	Pork Steak, Apple Sauce & Stuffing <input type="checkbox"/>	Roast Beef & Yorkshire Pudding <input type="checkbox"/>	Hunter's Chicken & New Potatoes <input type="checkbox"/>	Cod in Parsley Sauce <input type="checkbox"/>
Dewis 2 Option 2	Chicken Curry & Rice <input type="checkbox"/>	Lasagne & Garlic Bread <input type="checkbox"/>	Chicken & Ham Pie <input type="checkbox"/>	Cottage Pie <input type="checkbox"/>	Braising Steak & Mashed Potatoes <input type="checkbox"/>
Pwddin Pudding	Bread & Butter Pudding <input type="checkbox"/>	Apple Tart & Custard <input type="checkbox"/>	Manchester Tart <input type="checkbox"/>	Syrup Sponge & Custard <input type="checkbox"/>	Iced Sponge with Custard <input type="checkbox"/>

Wythnos 4 Week	DYDD LLUN MONDAY	DYDD MAWRTH TUESDAY	DYDD MERCHER WEDNESDAY	DYDD IAU THURSDAY	DYDD GWENER FRIDAY
Dewis 1 Option 1	Lobsgows with Fresh Bread <input type="checkbox"/>	Baked Ham & Cauliflower Cheese <input type="checkbox"/>	Roast Chicken Dinner <input type="checkbox"/>	Bolognese Pasta & Garlic Bread <input type="checkbox"/>	Cod in Parsley Sauce & Saute New Potatoes <input type="checkbox"/>
Dewis 2 Option 2	Bacon Chop & Tatws Pum Munud <input type="checkbox"/>	Meat & Potato Pie, Chips & Peas <input type="checkbox"/>	Salmon in Sweet Chilli Sauce <input type="checkbox"/>	Pea & Ham Soup & Fresh Bread <input type="checkbox"/>	Beef Stew & Dumplings <input type="checkbox"/>
Pwddin Pudding	Rice Pudding & Peaches <input type="checkbox"/>	Bakewell Tart & Custard <input type="checkbox"/>	Cherry Sponge & White Sauce <input type="checkbox"/>	Lemon Cheesecake <input type="checkbox"/>	Pear & Almond Sponge & Custard <input type="checkbox"/>

Y Fwydlen yn Amodol ar Newid  
Menu Subject to Change

Gwybodaeth am Alergenau/Allergen Information  
Gall rhai o'n prydau gynnwys alergenau. Gofynnwch i aelod o staff – rydym yma i'ch helpu!  
Some of our dishes may contain allergens. Please ask a member of staff – we're happy to help!

Wythnos 1 Week 1	Wythnos 2 Week 2	Wythnos 3 Week 3	Wythnos 4 Week 4
IONAWR - JANUARY 5-9	IONAWR - JANUARY 12-16	IONAWR - JANUARY 19-23	IONAWR - JANUARY 26-30
CHWEFROR - FEBRUARY 2-6	CHWEFROR - FEBRUARY 9-13	CHWEFROR - FEBRUARY 16-20	CHWEFROR - FEBRUARY 23-27
MAWRTH-MARCH 2-6	MAWRTH-MARCH 9-13	MAWRTH-MARCH 16-20	MAWRTH-MARCH 23-27
MAWRTH-MARCH 30-3 EBRILL -APRIL			

CINIO YSGAFN

## AR GAEL BOB DYDD

### SALADS

Ham

Caws / Cheese

Tiwna / Tuna

Quiche

### PRIS / PRICE £6

UN CWRS £10.00 NEU DAU GWRS

£13.00

ONE COURSE £10.00 OR TWO  
COURSE £13.00

LIGHT LUNCH

## AVAILABLE EVERYDAY

### TATEN TRWY CHRWYN JACKET POTATO

Cyrri Cyw Iar / Chicken Curry

Caws / Cheese

Chili / Chilli

Tiwna Maeonéis / Tuna Mayo

Rhowch dic ar gyfer eich opsiynau prydau bwyd yn y blychau coch

Please put a tick for your meal options in the red boxes

Bydd angen i BOB archeb prydau gael ei archebu erbyn y dydd Gwener cynt.

ALL meal orders will need to be placed by the Friday prior to receiving your meals

