

Bwydlen Bwyty'r Bont



Menu



DIOD POETH ac OER/ HOT & COLD DRINKS

TE / TEA (mwg/mug)	70c/p
COFFI / COFFEE (mwg / mug)	70c/p
COFFI HIDLYDD/FILTER COFFEE	80c/p
EXPRESSO	80c/p
CAPPUCHINO, LATE, EXPRESSO CHOC, MOCAACHINO, SIOCLED POETH/HOT CHOCOLATE	£1.05
(o'r peiriant/from the machine)	
SIOCLED POETH/HOT CHOCOLATE	70c/p
(mwg-dim o'r peiriant/mug-not from the machine)	
SUDD FFRWYTH / FRUIT JUICE (carton)	80c/p
DŴR MWYNOL / MINERAL WATER 500ml	60c/p
LLAETH / MILK	68c/p
YSGYTLAETH / MILKSHAKE	68c/p
YSGUTLAETH VIVA / VIVA MILKSHAKE	60c/p
YSGTLAETH ORGANIC (DAIONI) / ORGANIC MILKSHAKE (DAIONI)	£1.00

AMSEROEDD AGOR / OPENING TIMES

**Y Caffi / The Coffee Shop: 08:00—
12:00**

(bl.12&13, staff ysgol gyfan, staff cyflenwi ac
ymwelwyr/all school staff, supply staff & visitors)

Y Caffi / The Coffee Shop: 08:00—12:00

(bl/yr.12&13—y gallu i gymdeithasu a lle i wneud
gwaith ysgol/a place to socialise and do school
work)

Y Caffi / The Coffee Shop: 08:00—12:00

(WIFI)

**Clwb Brecwast / Breakfast Club:
08:15—08:50**

(prif ystafell fwyta'r ffreutur/main dining room)

Amser Egwyl / Morning Break:

10:10—10:25

Amser Cinio / Lunch Break:

12:25—13:25

RADNOR FIZZ / 1 o'ch 5 ffrwyth
y dydd/

1 fruit a day drink)

MAMBO 95c/p

DIOD AQUA/AQUA DRINK 330ml bottle/
Potel 75c/p

200ml carton
37c/p

DŴR O'R PEIRIANT / FILTERED
WATER Am Ddim /
Free

**CLWB BRECWAST, AMSER EGWYL & CINIO/
BREAKFAST CLUB, MORNING BREAK & LUNCH**

Tost/Toast	36c/p
½ cacen de wedi tostio/½ toasted teacake	36c/p
PIZZA (½ rol/bread roll base)	57c/p
Rol Bacwn/Bacon Roll	£1.25
Hanner Baguette gyda Bacwn /	£1.10
½ Baguette & Bacon	
½ Bagel wedi tostio/½ toasted Bagel	47c/p
Croissant	65c/p
Ffrwythau ffres/Fresh fruit	60c/p
logwrt/Yogurt	60c/p
logwrt/Yogurt (Llaeth y Llan)	72c/p
Baguette	80c/p
½ baguette	40c/p

Hanner baguette twym wedi llenwi/Half hot filled baguette £1.10

- twrci twym, stwffin a grefi/hot turkey stuffing & gravy

- twrci twym a llugaeron/hot turkey & cranberry

- porc twym, saws afal a stwffin/hot pork, apple sauce & stuffing

Baguette twym wedi llenwi/Hot filled baguette £2.05

- twrci twym, stwffin a grefi/hot turkey stuffing & gravy

- twrci twym a llugaeron/hot turkey & cranberry

- porc twym, saws afal a stwffin/hot pork, apple sauce & stuffing

Baguette oer wedi llenwi/Cold filled baguette £2.00

- llenwadau amrywiol/various fillings

Wrap twym / Hot wrap £1.50

*Er enghraifft - Cyw lâr Barbeciw a chaws, Bacwn a Caws / Example -
Barbecue Chicken, Bacwn & Cheese*

Wraps oer amrywiol/Assorted cold filled Wraps £1.50

CINIO / LUNCH

Brechdanau/Sandwiches <i>(llenwadau amrywiol/assorted fillings)</i>	£1.50
Bagel wedi llenwi/Filled Bagel <i>(llenwadau amrywiol/assorted fillings)</i>	£1.90
Cig poeth a stwffin mewn rol/ Hot Meat & Stuffing in a bun	£1.90
Rôl Sub wedi llenwi/Filled Sub Roll <i>(llenwadau amrywiol/assorted fillings)</i>	£1.75
Rôl wedi'i llenwi / Filled Roll <i>(llenwadau amrywiol/assorted fillings)</i>	£1.50
Rôl yn unig/ Bread Roll	55c/p
Ffiled cyw iar mewn briwsion bara gyda rol/Breaded chicken fillet in a roll	£1.85
Ffiled cyw iar mewn briwsion bara/Breaded chicken fillet	£1.35
Ffiled cyw iar wedi grilio mewn rol/Grilled chicken fillet in a roll	£1.55
2 ffiled cyw iar wedi grilio mewn rol/2 grilled chicken fillets in a roll	£2.55
Ffiled cyw iar wedi grilio/Grilled chicken fillet	£1.00
Byrger Llysiau mewn Rôl/Veggie Burger in a Bun (order 1st break)	£1.45
Sleisen o Fara Garlleg / Garlic Bread Slice	25c/p
Panini	£2.05
Bara Naan – wedi'i llenwi / Naan bread – filled	£1.45
Bara Naan	52c/p
Pizza Bara Ffrengig/French read Pizza (<i>topings cig/meat toppings</i>)	£1.35
Pizza Bara Ffrengig/French read Pizza (<i>topings llysieuol/vegetarian toppings</i>)	£1.10
Darn o Pizza Sgwar/Slice of Square Pizza	£1.10
Enchilada/Burrito	£1.75
Byrger cig eidon a winwns mewn rol/Beef burger & onions in a roll	£1.85
Byrger cig eidon/Beef burger	£1.30
Byrger a caws/Cheeseburger	£2.25

CINIO / LUNCH

Cinio Rhost / Roast Dinner

(Bob dydd Mawrth a Dydd Iau / Every Tuesday & Thursday)

Cinio Twrci Cymreig (Twrci, stwffin, 1 taten pwch a grefi) / £2.10

Turkey Dinner (Turkey, stuffing, 1 mashed potato & gravy)

Cinio Twrci Cymreig a 1 math o lysiau £2.55

Turkey Dinner with 1 choice of vegetables

Cinio Twrci Cymreig a 2 math o lysiau £2.80

Turkey Dinner with 2 choices of vegetables

Cinio Twrci Cymreig a 3 math o lysiau £3.15

Turkey Dinner with 3 choices of vegetables

Cinio Pork, Taten, Stwffin, Saws afal a grefi £2.10

Roast Pork, Potatoes, Stuffing, Apple sauce & gravy

Cinio pork a 1 math o lysiau £2.55

Roast pork dinner with 1 choice of vegetables

Cinio pork a 2 math o lysiau £2.80

Roast pork dinner with 2 choices of vegetables

Cinio pork a 3 math o lysiau £3.15

Roast pork dinner with 3 choices of vegetables

Cinio Ham, Taten, Stwffin a Saws persli £2.10

Roast Ham, Potatoes, Stuffing & Parsley sauce

Cinio ham a 1 math o lysiau £2.55

Roast ham dinner with 1 choice of vegetables

Cinio ham a 2 math o lysiau £2.80

Roast ham dinner with 2 choice of vegetables

Cinio ham a 3 math o lysiau £3.15

Roast ham dinner with 3 choice of vegetables

CINIO / LUNCH

Cyw Iâr / Chicken Portion	£1.25
Slaisen o gig oer neu twym / Slice of cold or hot meat	£1.25
Selsig / Sausage	50c/p
Stwffin/Stuffing	25c/p
Grefi / gravy	20c/p
Taten/Mashed Potato	38c/p
Pwdin swydd efrog/Yorkshire pudding	25c/p
Cinio Selsig, Taten, Stwffin, Pwdin swydd efrog a Grefi	£1.58
Sausage, Potatoes, Stuffing, Yorkshire Pudding & Gravy	
<i>Cinio selsig a 1 math o lysiau</i>	£2.08
<i>Sausage dinner with 1 choice of vegetables</i>	
<i>Cinio selsig a 2 math o lysiau</i>	£2.58
<i>Sausage dinner with 2 choice of vegetables</i>	
<i>Cinio selsig a 3 math o lysiau</i>	£3.08
<i>Sausage dinner with 3 choice of vegetables</i>	
Cinio Llysieuol / Vegetarian Dinner	
<i>Blodfresych a chaws/cauliflower cheese</i>	55c/p
<i>Cinio Blodfresych a chaws, taten, 2 math o lysiau a grefi llysieuol/ Cauliflower cheese, potato, 2 type of veg & vegetarian gravy</i>	£2.10
<i>Grefi llysieuol (bob dydd)/Vegetarian gravy (everyday)</i>	20c/p
Pastai Cig/Meat Pie (amrywiol/various)	£1.45
Torth Pysen Goch/Melyn / Lentil Loaf	£1.50
Meat Loaf	£1.65
Prydau ar blat/Plated meals (amrywiol/various)	o/from £2.00— £2.55
Un dogyn o lysiau (amrywiol)/One portion of vegetables (various)	o/from 55c/p— 58c/p

CINIO / LUNCH

Dysgl Du / Black Dish

o/from £1.55—£1.75

Er enghraifft/for example:

Lasagne Cig / Meat Lasagne

Lasagne Llysiau / Vegetable Lasagne

Pastai'r Bugail gyda grefi / Shepherd's Pie & Gravy

Pastai Twrci a Brocoli / Turkey & Broccoli Bake

Pasta gyda Bacwn a Chenin / Bacon & Leek Pasta

3 Pel Cig gyda Saws Tomato gyda Pasta/

3 Meat Balls in Tomato Sauce served with Pasta

Macaroni Tiwna / Tuna Pasta Bake

Macaroni Cyw Iâr / Chicken Pasta Bake

Macaroni Eog / Salmon Pasta Bake

Hash Selsig a Pha Pôb/ Sausage & Bean Hash

**Dysgl Du / Black
Dish - noodles**

£1.55—£1.75

**Dysgl Du / Black Dish - taten pob/jacket potato (95c/p)
(llenwadau amrywiol/various fillings)**

o/from £1.45—£2.23

Dysgl Du / Black Dish

*Cawl Cig, Bara (2 hanner) darn o gaws/Meat Cawl. Bread (2 halves)
cheese portion* £1.85

*Cawl Llysieuol, Bara (2 hanner) darn o gaws/Vegetable Cawl. Bread (2
halves) cheese portion* £1.50

Soup & Roll £1.55

SAWS MEWN CWDYN / SAUCE SACHET

Saws Tomato /Tomato Sauce	10c/p	Finegr / Vinegar	6c/p
Hufen Salad / Salad Cream Sauce	10c/p	Marmalêd / Marmalade Portion	20c/p
Mayonnaise / Mayonnaise sachet	10c/p	Jam / Jam Portion	20c/p

CINIO / LUNCH

BAR SALAD HUNANWASANAETH

SELF SERVE SALAD BAR

*O LEIAF 8 SALAD BOB DYDD AG EITHRIO DYDD GWENER
SELECTION OF AT LEAST 8 SALADS EVERYDAY EXCEPT FRIDAY*

DIM SALAD CIG / NO MEAT SALADS

DISGL FACH / SMALL DISH £1.35

DISGL GANOLIG / MEDIUM DISH £1.85

(Mwy o bris am gaws/Cheese extra charge)

SALAD 50c/p y dogn / per portion

Tiwna gyda India corn gyda neu heb Hufen Salad, Pasta Tikka, Pasta Sur a Melys, Pasta ciwcymbr a mint, Colslo moron a chaws, Pasta a pesto, Reis cyri, Reis sawrus, Salad Reis Fiesta, Reis a Chymysged o lysiau, Couscous, Salsa Tomato, Pasta Tomato a Basil, Salad Tatws, Salad Rwsaidd, Salad Waldorf, Moran 'di gratio

Tuna Pasta with Sweetcorn with or without Salad Cream, Pasta with Tikka, Sweet & Sour Pasta, Minted Pesto with Cucumber, Coleslaw, Carrot & cheese, Beetroot with Onion Pasta & Pesto, Curried Rice, Savoury Rice, Fiesta Rice Salad, Rice & Mixed Veg Salad, Couscous, Tomato Salsa, Tomato & Basil Pasta, Potato Salad, Russian Salad, Waldorf Salad, Grated Carrot

Caws 'di gratio / Grated Cheese 70c/p

Dogn o gaws / Cheese Portion 30c/p

BAR SALAD—darnau o gig/SALAD BAR—meat portions

o/from 40c/p—£1.30

Er enghraifft/for example:

Cig oer/cold meats, tuna, bysedd pysgod/fish fingers, darnau o quiche amrywiol/various choices of quiche

CINIO / LUNCH

Eraill/Other:

Pelen cig/Meatball	28c/p
Risol/Rissole	80c/p
Scotch Egg	£1.05
Faggot	85c/p
Selsig mewn rol crwst/Sausage roll	£1.00
Goujon Cyw iar/Chicken goujon	42c/p
Bacwn/Bacon	70c/p
Selsig Glamorgan/Glamorgan Sausage	65c/p
Selsig llyseiol/Vegetarian sausage	55c/p
Tatws amrywiol a sglodion/Various types of potato & chips	£1.15
Pasta	85c/p
Reis/Rice	85c/p

Pwdin / Desserts

SALAD FFRWYTHAU FFRES (Dyddiol) / FRESH FRUIT SALAD (Daily)	80c/p
DARNAU MANDARIN SEGMENTS	70c/p
DARNAU PINAFAL / PINEAPPLE PIECECS	70c/p
IOGWRT / YOGURT (Elm Farm)	60c/p
IOGWRT / YOGURT (Llaeth y Llan)	72c/p
BAG O FFRWYTHAU FFRES/FRESH FRUIT BAG	78c/p
DEWIS O FFRWYTHAU FFRES (Dyddiol)	60c/p
SELECTION of FRESH FRUIT (Daily)	
2 cracker, darn o gaws a menyn/2 crackers, portion of cheese & butter	75c/p

CINIO / LUNCH

DEWIS DYDDIOL AR GAEL / SELECTION AVAILABLE DAILY

65c y dogn / 65p per portion

JELI FFRWYTHAU A MOUSSE / FRUIT JELLY & MOUSSE

JELI A FFRWYTHAU / FRUIT & JELLY

MOUSSE FFRWYTHAU / FRUIT MOUSSE

Bisgedi Cartref Amrywiol/Homemade Cakes

40c/p—80c/p y dogn/per portion

ER ENGHRAIFFT/FOR EXAMPLE:

SQUARES

BISGIEN CARTRE /HOMEMADE COOKIE

DEVONSHIRE SPLIT

SGONEN FFRWYTHAU / FRUIT SCONE

CACEN BANANA / BANANA CAKE

CACEN MORON / CARROT CAKE

CACEN SIOCLED /CHOCOLATE SLAB
SPONGE

FFLAPJAC / FLAPJACK

FFLAPJAC FFRWYTHAU / FRUIT FLAPJACK

PWDIN BARA / BREAD & BUTTER PUDDING

SGWARIAU CRYMBL FFRWYTHAU / FRUITY
CRUMBLE SQUARES

BROWNIE SIOCLED/ CHOCOLATE
BANANA BROWNIE

BROWNI SIOCLED a BANANA /

FRUIT BAR

CHOCOLATE & BANANA BROWNIES

MYFFIN / MUFFIN – (Apple Spiced Muffins,
Oatie Chocolate Muffin, Banana,
Chocolate Orange)

BAR FFRWYTHAU / FRUIT BAR

SGWARIAU AFAL TAFFI / TOFFEE APPLE

Pwdin gyda hufen a cwstard / Desserts with cream and custard 80c/p
(amrywiol/various)

Cwstard/Saws Gwyn / Custard/White Sauce 40c/p

OH SO scrummy Giant Cookie 80c/p

Rice Cake/Cornflake bar 80c/p

Simply scrummy mini muffin 40c/p

Simply scrummy mini gingerbread man 40c/p

Hufen Ia/Ice Cream / Frozen Youghurt 60c/p

PRYDAU BWYD AM DDIM / FREE SCHOOL MEALS

*LWFANS BWYD IS DDIM **£2.50** FREE MEALS ALLOWANCE*

RHAID I BOB PLENTYN SY'N GYMWYS I DDERBYN CINIO AM DDIM DALU AM
BOB DIOD MEWN POTEL / CARTON

GELLIR CYNNWYS LLAETH / YSGYTLAETH FEL RHAN O'R LWFANS BWYD AM
DDIM

DŴR O'R PEIRIANT – AM DDIM

DIM OND CYNGOR SIR CEREDIGION ALL AWDURDODI CYNNYDD YN Y
LWFANS BWYD AM DDIM

FREE MEAL ALLOWANCE

ALL PERSONS ENTITLED TO A FREE LUNCH MUST PAY FOR ALL BOTTLED /
CARTON DRINKS.

MILK / MILKSHAKE MAY BE INCLUDED AS PART OF YOUR FREE MEAL ALLOW-
ANCE

FILTERED DRINKING WATER – FREE

FREE MEAL ALLOWANCE – INCREASES AUTHORISED ONLY BY CEREDIGION
COUNTY COUNCIL



GWYBODAETH AM ALERGENAU / ALLERGEN INFORMATION

Ein Ryseitiau a'n Cynhwysion

A'r 13eg o Rhagfyr, 2014, fe ddaeth Rheoliad Darparu Gwybodaeth am Fwyd i Ddefnyddwyr yr UE (FIC UE) yn dod i rym. Mae cyfraith yr UE wedi rhestru 14 o alergenau sydd angen eu nodi os cânt eu defnyddio fel cynhwysion pryd. Mae hyn yn golygu y bydd gwybodaeth ar gael o 13 Rhagfyr, 2014, yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

Dyma'r 14 Alergen mwyaf -

Seleri, Grawnfwydydd sy'n cynnwys Glwten, Cramenogion, Wyau, Pysgod, Lwpin, Llaeth, Molysgiaid, Mwstard, Cnau, Cnau Mwnci, Hadau Sesame, Soia, Sylffwr Deuocsid.

Our Recipes and Ingredients

From 13th December 2014, the EU Food Information for Consumers Regulation (EU FIC) came into force. The EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. This means that from 13th of December 2014, information will be available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

The 14 Major Allergens are -

Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide.