

WEEK 1
WYTHNOS 1



hotplate.
plât poeth.



deli.

MONDAY
DYDD LLUN

CHICKEN CURRY AND RICE
CYRI CYW IÂR A REIS

TOMATO AND BASIL PASTA
BAKE
PASTA TOMATO A BASIL
WEDI CRASU

TUESDAY
DYDD MAWRTH

BEEF LASAGNE
LASAGNE CIG EIDION

LEEK AND POTATO GRATIN
GRATIN CENNIN A THATWS

WEDNESDAY
DYDD MERCHER

BIG BREAKFAST
BRECWAST MAWR

VEGETABLE RISOTTO OR
PILAF
RISOTTO NEU PILAF LLYSIAU

THURSDAY
DYDD IAU

BEEF STEW
STIW CIG EIDION

SALMON/CHEESE AND
BROCCOLI BAKE
SAMWN/CAWS A BROCOLI
WEDI CRASU

FRIDAY
DYDD GWENER

MINI FISH AND CHIPS
PYSGODYN A SGLODION
BACH

VEGETABLE CHILLI AND RICE
CHILLI LLYSIAU A REIS

CHECK OUT TODAY'S
CHOICE

EDRYCHWCH AR Y DEWIS
HEDDIW

PANINIS
PANINI

RANCH WRAPS
TORTILLA RANSH
CHEESE & TOMATO CIABATTA
CIABATTA CAWS A THOMATO

BBQ ZINGER
BYNSEN BBQ
FILLED JACKETS
TATEN DRWY'I CHROEN WEDI'I
LLENWI
CHINESE CHICKEN WRAP
TORTILLA CYW IÂR
TSIEINEAIDD

PITTA MELT
PITTA TAWDD
HOT FILLED BAGUETTES
BAGUETTE Â LLENWAD
POETH
SWEET CHILLI CHICKEN SUB
RHOL HIRGUL CYW IÂR CHILLI
MELYS

THEO'S WRAPS
TORTILLA THEO
BBQ CHICKEN BURGER
BYRGYR CYW IÂR BBQ
HAM AND CHEESE CIABATTA
CIABATTA HAM A CHAWS

FRIDAY BOX
BOCS BWYD DYDD GWENER
A CHOICE OF BURGER PIZZA
OR SAUSAGES SERVED WITH
CHIPS
UNRHYW FYRGYR, PITSA
NEU SELSIG A SGLODION

CHOICE OF PASTA UNRHYW BASTA CHOICE OF PIZZA UNRHYW PITSA