|  |  |  |  |
| --- | --- | --- | --- |
|  | Pantycelyn Wythnos 2 |  |  |
| Dydd |  |  | **Sicrhau bod yr holl brydau a gynhyrchir yn cael eu nodi ar y rhestr bob dydd** |
| Dyddiad |  |  |
|  | **Dechreuwch bob pryd rydych chi'n ei ychwanegu at y daflen, rydych chi wedi'i gwneud** |
| Pryd | Celery/ Celeriac | Gluten/ Cereals *see list*  | Shellfish | Eggs | Fish | Lupin | Milk and milk product | Molluscs | Mustard | Tree Nuts | Peanuts | Sesame  | Soya |  Sulphur dioxide/ Sulphates | Comments | Initial |
| **If unsure of what the allergens are, refer to sheet at front of this file**  | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Celery.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Cereals containing gluten.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Crustaceans.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Eggs.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Fish.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Lupin.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Milk.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Molluscs.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Mustard.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Nuts.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Peanuts.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Sesame Oil.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Soya.jpg | C:\Users\jem11\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\Sulphur dioxide.jpg |  |  |
| **Parmigiana cyw iâr** |  | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| **Selsig porc a chennin gyda grefi winwns (Heb glwten)** | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Peli cig fegan arddull Thai a reis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Byrgyr “Tex Mex”** | X | X |  |  |  |  | X |  |  |  |  |  | X | X |  |  |
| **Lasagne cig eidion gyda bara garlleg** | X | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| **Mojo chicken with charred peppers and onions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cyrri llysiau a ffacbys gyda reis** |  |  |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| **Pitta cig oen arddull Groegwr** |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| **Pasta cyw iâr, Madarch a sbigoglys** | X | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| **Massaman cig eidion a reis gyda** **bara naan** |  | X |  |  |  |  | X |  | X |  |  |  |  |  |  |  |
| **Pôb pwmpen cnau menyn mwg** | X |  |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| **Parseli Pellafoedd y De** |  | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| **Sbageti bolognese** | X | X |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Cinio pork****stwffin** | X | X |  | X |  |  | X |  |  |  |  |  | X |  |  |  |
| **Pôb bhaji winwns** |  | X |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| **Byrgyr Bangkok** |  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pysgodyn wedi`i Ffrio** |  | X |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| **Cyw iâr cnau coco a tsili gyda reis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Moussaka llysiau rhost figan** |  |  |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| **Yr burrito Jamaican** |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |