|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | | | | | 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 |  |  |  |  |  |  |  |  |  |