|  |  |  |  |
| --- | --- | --- | --- |
|  | Pantycelyn Wythnos Week 3 |  |  |
| 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 |  |  |
| **Brisged wedi`i rostio`n araf gyda pwdin Swydd Efrog** | X | X |  | X |  |  | X |  |  |  |  |  |  | X |  |  |
| **Pastai'r bugail** | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Tsili ffa nachos** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Bara shawarma cyw iâr** |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| **Stêcs porc barbeciw gyda llysiau golosgedig** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cyw iâr pinafal Chipotle gyda ffa a reis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pastai'r bugail llysiau a corbys** | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Byrgyr cig oen Cymreig** | X | X |  |  |  |  | X |  |  |  |  |  | X |  |  |  |
| **Pelenni cig â sglein Balsamig gyda phasta ragu** | X | X |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| **Cyw iâr Mecsicanaidd a reis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pôb falafel a cwinoa gyda saws tomato Morocaidd** |  |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Burrito cyw iâr sbeislyd** |  | X |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| **Lasagne cig eidion** | X | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| **Pei twrci a chennin** | X | X |  | X |  |  | X |  |  |  |  |  |  | X |  |  |
| **Goulash thatws melys a reis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Byrgyr falafel Morocaidd** |  | X |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Pysgod mewn cytew** |  | X |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| **Dhansak cig eidion a reis** |  |  |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| **Llysiau rhost Tahini a masarnen gyda reis pilau** |  |  |  |  |  |  |  |  |  |  |  | X |  | X |  |  |
| **Parseli Peli cig Eidalaidd** | X | X |  |  |  |  | X |  |  |  |  |  |  | X |  |  |