|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | Pantycelyn Wythnos 1 | | | | | | | |  |  | | | |
| Dydd | |  | | | | |  | **Sicrhau bod yr holl brydau a gynhyrchir yn cael eu nodi ar y rhestr bob dydd** | | | | | | | | | |
| Dydiadd | |  | | | | |  |
|  | **Dechreuwch bob pryd rydych chi'n ei ychwanegu at y daflen, rydych chi wedi'i gwneud** | | | | | | | | | | | | | | | | | 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 |  |  |
| **Cinio cyw Iâr**  **Stwffin** | | X | X |  | X |  |  | X |  |  |  |  |  | X |  |  |  |
| **Pastai'r bugail** | | X |  |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Tatws melys a cyri melyn sbigoglys a reis** | |  |  |  |  |  |  |  |  | X |  |  |  |  | X |  |  |
| **Bara shawarma cyw iâr** | |  | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| **Sbageti Bolognese** | | X | X |  |  |  |  |  |  |  |  |  |  |  | X |  |  |
| **Cyw iâr Jerk gyda salsa mango** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Gluten free mushroom and spinach pasta** | | X |  |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| **Byrgyr cig oen Cymreig** | |  | X |  |  |  |  |  |  |  |  |  |  | X | X |  |  |
| **Cyw Iâr yr heliwr** | |  |  |  |  |  |  | X |  |  |  |  |  |  |  |  |  |
| **Cyrri cig eidion, barra naan a reis** | |  |  |  |  |  |  |  |  | X |  |  |  |  | X |  |  |
| **Tacos corbys Cajwn** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Burrito cyw iâr sbeislyd** | |  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Lasagne cig eidion** | | X | X |  |  |  |  | X |  | X |  |  |  |  | X |  |  |
| **Cinio twrci**  **Stwffin** | | X | X |  | X |  |  | X |  |  |  |  | X | X |  |  |  |
| **Reis tsili ffa a nachos** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Byrgyr falafel Morocaidd** | |  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pysgod mewn cytew** | |  | X |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| **Pei stecen a madarch** | |  |  |  |  |  |  | X |  |  |  |  |  |  | X |  |  |
| **Jacffrwyth barbeciw a reis** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Parseli Peli cig Eidalaidd** | |  | X |  |  |  |  | X |  |  |  |  |  | X | X |  |  |