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| **Bwydlen Alergenau Medi 2022** |  |  |
| ***Wythnos 1*** |  |  |
|  |  |  |
| ***Eitem ar y fwydlen*** | **ALERGENAU YN Y BWYD**  |  |
|  |  |  |
| **Dydd Llun** |  |  |
| Selsig wedi'u pobi | **GWENITH, GLWTEN, SYLFFITAU**  |  |
| Selsig llysieuol | **GWENITH, GLWTEN** |  |
|  |  |  |
| Tatws hufennog | **LLAETH, SYLFFITAU**  |  |
|  |  |  |
| Grefi | **GWENITH, GLWTEN, LLAETH, ŴY, SOIA, SELERI, MWSTARD** |  |
|  |  |  |
| Corn melys |  |  |
| Salad |  |  |
|  |  |  |
| Bisgïen gartref  | **GWENITH, GLWTEN, SOIA** |  |
| Llaeth mefys | **LLAETH** |  |
|  |  |  |
| Ffrwythau ffres |  |  |
| Bara brown | **GWENITH, GLWTEN, SOIA** |  |
| Bara gwyn | **GWENITH, GLWTEN, SOIA** |  |
|  |  |  |
| Selsig Halal | **GWENITH, GLWTEN, SYLFFITAU**  |  |
| Selsig heb glwten a heb gynnyrch llaeth | **SYLFFITAU**  |  |
|  |  |  |
| **Dydd Mawrth** |  |  |
| Cyri Cyw Iâr | **PYSGNAU, CNAU, MWSTARD** |  |
|  | **LLAETH, SELERI** |  |
| Reis |  |  |
|  |  |  |
| Pizza Margherita | **GWENITH, GLWTEN, LLAETH, SELERI** |  |
|  |  |  |
| Pys |  |  |
|  |  |  |
| Ffrwyth, pot iogwrt  | **LLAETH** |  |
|  |  |  |
| Cyri cyw iâr Halal | **PYSGNAU, CNAU, MWSTARD** |  |
|  | **LLAETH, SELERI** |  |
|  |  |  |
| Cyri cyw iâr heb gynnyrch llaeth a heb glwten |  |  |
|  |  |  |
| **Dydd Mercher** |  |  |
| Ffiled cyw iâr mewn briwsion bara | **GWENITH, GLWTEN, LLAETH, SOIA, SELERI, MWSTARD** |  |
| Taten drwy'i Chroen gyda Chaws a Ffa | **LLAETH**  |  |
| Pasta | **GWENITH, GLWTEN** |  |
|  |  |  |
| Moron |  |  |
|  |  |  |
| Bar creision reis siocled | **LLAETH, SOIA** |  |
| Ffiled cyw iâr Halal | **GWENITH, GLWTEN, LLAETH, SOIA, SELERI, MWSTARD** |  |
| Ffiled cyw iâr heb glwten a heb gynnyrch llaeth |  |  |
|  |  |  |
| **Dydd Iau** |  |  |
| Ham wedi'i bobi |  |  |
|  |  |  |
| Pasta tomato wedi'i bobi | **GWENITH, GLWTEN, LLAETH, SELERI** |  |
|  |  |  |
| Tatws wedi'u rhostio |  |  |
|  |  |  |
| Brocoli |  |  |
|  |  |  |
| Grefi | **GWENITH, GLWTEN, LLAETH, ŴY, SOIA, SELERI, MWSTARD** |  |
|  |  |  |
|  |  |  |
| Myffin Ffrwythau | **GWENITH, GLWTEN, LLAETH, ŴY, SOIA** |  |
|  |  |  |
| Cyw iâr rhost Halal |  |  |
| Ham wedi'i bobi, heb glwten a heb gynnyrch llaeth |  |  |
|  |  |  |
| **Dydd Gwener** |  |  |
| Ffiled bysgodyn wedi'i phobi | **GWENITH, GLWTEN, PYSGOD** |  |
|  |  |  |
| Brechdan lapio caws  | **GWENITH, GLWTEN** |  |
|  | **LLAETH** |  |
|  |  |  |
| Tatws wedi'u torri'n sglodion |  |  |
|  |  |  |
| Pasta | **GWENITH, GLWTEN** |  |
|  |  |  |
| Ffa pob |  |  |
|  |  |  |
| Teisen Jam Hollt  | **GWENITH, GLWTEN, LLAETH, ŴY** |  |
| Darn o ffrwyth |  |  |
|  |  |  |
| Halal | **GWENITH, GLWTEN, PYSGOD** |  |
| Bysedd pysgod heb glwten a heb gynnyrch llaeth | **PYSGOD** |  |
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