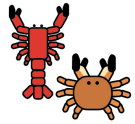
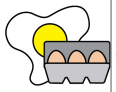
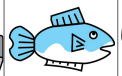
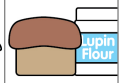
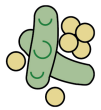
BWYDLEN YSGOLION UWCHRADD A CHYNRADD PEN-Y-BONT AR OGWR – DYDD GŴYL DEWI 2022

✓ = yn cynnwys
GG = gall gynnwys

HYRWYDDIADAU

														
	Seleri	Grawnfwydydd sy'n cynnwys glwten	Cramenogion	Wyau	Pysgod	Blawd bys y blaidd	Llaeth	Molysgiaid	Mwstard	Cnau	Pysgnau	Hadau sesame	Soia	Sylffwr deuocsid / Sylffidau
Peli Cig Sawrus mewn Grefi	GG	✓ - gwenith		GG			✓		GG				✓	
Selsig Porc a Chennin		✓ - gwenith											✓	✓
Phydin Swydd Efrog		✓ - gwenith		✓			✓							
Grefi	GG	✓ - gwenith		GG			GG		GG				✓	
Tatws wedi'u Berwi														✓
Tatws Rhost													✓	✓
Moron/Bresych/Pys														
Pice ar y Maen		✓ - gwenith		✓										✓
Salad Ffrwythau Ffres														
Iogwrt							✓							