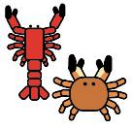
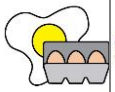
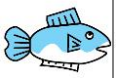
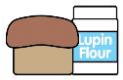
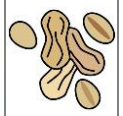
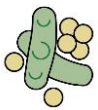
YSGOLION UWCHRADD PEN-Y-BONT AR OGWR – BAR CYNNAR

✓ = yn cynnwys GG= gall gynnwys														
	Seleri	Grawnfwydydd sy'n cynnwys glwten	Cramenogion	Wyau	Pysgod	Blawd bys y blaidd	Llaeth	Molysgiaid	Mwstard	Cnau	Pysgnau	Hadau sesame	Soia	Sylffwr deuocsid / Sylffidau
Rhôl Facwn		✓											✓	✓
Brechdan Facwn		✓					✓						✓	✓
Tost a menyn braster isel		✓					✓						✓	
Potiau Uwd		✓					✓							
Iogwrt							✓							