




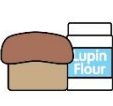






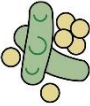







BWYDLEN YSGOLION CYNRADD PEN-Y-BONT AR OGWR 2023-2024 – WYTHNOS 1

| ✓ = yn cynnwys GG= gall gynnwys DYDD MAWRTH |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Seleri | Grawnfwydydd sy'n cynnwys glwten | Cramenogion | Wyau | Pysgod | Blawd bys y blaidd | Llaeth | Molysgiaid | Mwstard | Cnau | Pysgnau | Hadau sesame | Soia | Sylffwr deuocsid / Sylffidau |
| Bolognaise Cig Eidion | ✓ | | | | | | | | | | | | | |
| Byrger Ffalaffel | | ✓ - gwenith a rhyg | | | | | | | | | | GG | | |
| Mayonnaise Fegan | | | | | | | | | | | | | | |
| Pasta | | ✓ - gwenith | | | | | | | | | | | | |
| Talpiauw Tatws | | | | | | | | | | | | | | |
| Llyisiau Cymysg | | | | | | | | | | | | | | |
| Brocoli | | | | | | | | | | | | | | |
| Dewis Salad | GG | | | | | | | | | | | | | |
| Bara Grawn Cyflawn | | ✓ - gwenith | | | | | | | | | | | ✓ | |
| logwrt | | | | | | | ✓ | | | | | | | |
| Caws a Bisgedi | | ✓ - gwenith GG – rhyg, ceirch a haidd | | | | | ✓ | | | | | | | |
| Hufen lâ | | | | | | | ✓ | | | | | | | |
| Ffrwythau Ffres | | | | | | | | | | | | | | |
| Llaeth Hanner Sgim | | | | | | | ✓ | | | | | | | |



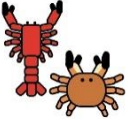


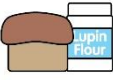






BWYDLEN YSGOLION CYNRADD PEN-Y-BONT AR OGWR 2023-2024 – WYTHNOS 1

| ✓ = yn cynnwys GG= gall gynnwys DYDD MERCHER |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Seleri | Grawnfwydydd sy'n cynnwys glwten | Cramenogion | Wyau | Pysgod | Blawd bys y blaidd | Llaeth | Molysgiaid | Mwstard | Cnau | Pysgnau | Hadau sesame | Soia | Sylffwr deuocsid / Sylffidau |
| Twrci Rhost | | | | | | | | | | | | | | |
| Stwffin | | ✓ - gwenith | | | | | | | | | | | | |
| Grefi | GG | ✓ - gwenith a haidd | | GG | | | GG | | GG | | | | GG | |
| Pastai Bwthyn Llysiau a Ffacbys | ✓ | | | | | | | | | | | | | ✓ |
| Grefi Fegan | | | | | | | | | | | | | | |
| Tatws Hufennog (gyda Sunlite yn unig) | | | | | | | | | | | | | | ✓ |
| Tatws wedi'u Berwi | | | | | | | | | | | | | | ✓ |
| Bresych Gwyrdd | | | | | | | | | | | | | | |
| Moron | | | | | | | | | | | | | | |
| Ciwbiau Swêd | | | | | | | | | | | | | | |
| Bara Grawn Cyflawn | | ✓ - gwenith | | | | | | | | | | | ✓ | |
| Jeli Ffrwythau | | | | | | | | | | | | | | |
| Chwyrffo Mefus | | | | | | | ✓ | | | | | | | |
| logwrt | | | | | | | ✓ | | | | | | | |
| Caws a Bisgedi | | ✓ - gwenith GG – rhyg, ceirch a haidd | | | | | ✓ | | | | | | | |
| Ffrwythau Ffres | | | | | | | | | | | | | | |
| Llaeth Hanner Sgim | | | | | | | ✓ | | | | | | | |

BWYDLEN YSGOLION CYNRADD PEN-Y-BONT AR OGWR 2023-2024 – WYTHNOS 1

| ✓ = yn cynnwys GG= gall gynnwys DYDD IAU |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | 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 | | ✓ - gwenith | | | | | ✓ | | | | | | | |
| Grefi | GG | ✓ - gwenith a haidd | | GG | | | GG | | GG | | | | GG | |
| Selsig Llysiau | | ✓ - gwenith | | | | | | | | | | | | |
| Grefi Fegan | | | | | | | | | | | | | | |
| Tatws Hufennog (gyda Sunlite yn unig) | | | | | | | | | | | | | | ✓ |
| Tatws wedi'u Berwi | | | | | | | | | | | | | | ✓ |
| Pys Gardd | | | | | | | | | | | | | | |
| Moron | | | | | | | | | | | | | | |
| Brocoli | | | | | | | | | | | | | | |
| Dewis Salad | GG | | | | | | | | | | | | | |
| Bara Grawn Cyflawn | | ✓ - gwenith | | | | | | | | | | | ✓ | |
| logwrt | | | | | | | ✓ | | | | | | | |
| Caws a Bisgedi | | ✓ - gwenith GG – rye, ceirch a haidd | | | | | ✓ | | | | | | | |
| Ffrwythau Ffres | | | | | | | | | | | | | | |
| Llaeth Hanner Sgim | | | | | | | ✓ | | | | | | | |

BWYDLEN YSGOLION CYNRADD PEN-Y-BONT AR OGWR 2023-2024 – WYTHNOS 1

| ✓ = yn cynnwys GG= gall gynnwys DYDD GWENER |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| | Seleri | Grawnfwydydd sy'n cynnwys glwten | Cramenogion | Wyau | Pysgod | Blawd bys y blaidd | Llaeth | Molysgiaid | Mwstard | Cnau | Pysgnau | Hadau sesame | Soia | Sylffwr deuocsid / Sylffidau |
| Ffiled Pysgod | | ✓ - gwenith | | | ✓ | | | | | | | | | |
| Cyri Sbigoglys a Chorby (Saws Cyri Mangalore Malabar) | | | | | | | | | ✓ | GG – almonau a cashew | GG | GG | GG | |
| Reis Llysiâu | | | | | | | | | | | | | | |
| Sglodion | | | | | | | | | | | | | | |
| Llysiâu Cymysg | | | | | | | | | | | | | | |
| India-Corn | | | | | | | | | | | | | | |
| Brocoli | | | | | | | | | | | | | | |
| Dewis Salad | GG | | | | | | | | | | | | | |
| Mandarin a Sbwng ar ei ben | | ✓ - gwenith | | ✓ | | | ✓ | | | | | | ✓ | |
| Bara Grawn Cyflawn | | ✓ - gwenith | | | | | | | | | | | ✓ | |
| logwrt | | | | | | | ✓ | | | | | | | |
| Caws a Bisgedi | | ✓ - gwenith GG – rhyg, ceirch a haidd | | | | | ✓ | | | | | | | |
| Ffrwythau Ffres | | | | | | | | | | | | | | |
| Llaeth Hanner Sgim | | | | | | | ✓ | | | | | | | |