MonLife
AWYR AGORED OUTDOOR

monmouthshire
sir fynwy

Opsiynau Cinio Gilwern
Gilwern Lunch Options

Gofynnwch i'ch grŵp beth hoffent ei gael ar gyfer eu pecyn cinio. Bydd y llenwad a ddewisir mewn rholyn gwyn. **Ysgrifennwch enw pob aelod o'r grŵp a thiciwch eu dewisiadau. Diolch**	Please Ask your group what they would like for their packed lunch. Chosen filling will be in a white roll. **Please write each group members name and tick their choices. Thank You**

Dyddiad / Date:

Grŵp / Group:

Rhestrwch anghenion dietegol ac alergedda! /

Please list dietary requirements and allergies!

Enw: Name:	Opsiwn / Option: Ham	Caws / Cheese	Tiwna Mayo / Tuna Mayo	Menyn / Buttered (Y/N)