FREE School Meals / PRYDAU YSGOL AM DDIM

If you are receiving one of the benefits listed here and your child attends a Blaenau Gwent school, your child may be entitled to receive Free School Meals. In many of our schools a cashless catering system is in operation which confidentially manages your child's school meal account.

We know that many of our children are missing out on their entitlement to a free school meal, so please make sure that your child is receiving their full entitlement by checking today.

Families in receipt of one of the following benefits/support payments are eligible to apply for Free School Meals:

- Income Support
- Income Based Job Seekers Allowance
- Income related Employment and Support Allowance
- Child Tax Credit (but not Working Tax Credit) and your annual income as assessed by Revenues and Customs is below £16,190
- Working Tax Credit 'run-on'- the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit
- Guaranteed Element of State Pension Credit
- Universal Credit with an annual earned income of less than £7,400.
- Or support under Part VI of the Immigration and Asylum Act 1999

PLEASE PHONE 07970 381669 TO FIND OUT IF YOUR CHILD IS ELIGIBLE OR EMAIL BENEFITS@BLAENAU-GWENT.GOV.UK

The Healthy Eating in Schools Regulations 2013 is part of the wider Healthy Eating in Schools Measure 2009.

The Measure places a legal requirement on local authorities and governing bodies to promote healthy eating and drinking by pupils in maintained schools throughout Wales. It replaces the previous Appetite for Life implementation guidelines and sets out the type of food and drink that can and cannot be provided in local authority maintained schools and ensures nutritional standards are in place for school lunches. Blaenau Gwent Catering service strives to achieve these standards whilst providing tasty and appetising food.

Go to food.gov.uk/ratings to find out the food hygiene rating of our business, or ask us for our food hygiene rating when you order.

For further information visit:
http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/healthy-eating

ych yn derbyn un o'r budd-daliadau a restrir yma a'ch bod eich plentyn yn mynychu ysgol ym Mlaenau Gwent, gall eich plentyn fod â hawl i dderbyn Prydau Ysgol am Ddim. Mae llawer o'n hysgolion yn defnyddio system arlwyo nad yw'n defnyddio arian ac sydd yn gallu trin cyfrif prydau ysgol unigol yn gyfrinachol.

Gwyddom bod llawer o blant yn colli allan ar eu hawl i gael pryd ysgol am ddim, felly gwnewch yn siŵr fod eich plentyn yn derbyn eu hawl llawn drwy holi heddiw.

Mae teuluoedd sy'n derbyn un o'r budd-daliadau/taliadau cymorth dilynol yn gymwys i wneud cais am Brydau Ysgol am Ddim:

- Cymhorthdal Incwm
- Lwfans Ceisio Gwaith seiliedig ar incwm
- Lwfans Cyflogaeth a Chymorth cysylltiedig ag incwm
- Credyd Treth Plant (ond nid Credyd Treth Gwaith) a bod Cyllid a Thollau wedi asesu bod eich incwm blynyddol yn llai na £16,190
- 'Parhad' Credyd Treth Gwaith - y taliad y gall rhywun ei dderbyn am bedair wythnos bellach ar ôl iddynt beidio bod yn gymwys am gredyd Treth Gwaith
- Elfen warantedig y Credyd Pensiwn Gwladol
- Credyd Cynhwysol gydag incwm blynyddol a enillir o lai na £7,400.
- Neu gefnogaeth dan Ran VI Deddf Mewnfudo a Lloches 1999

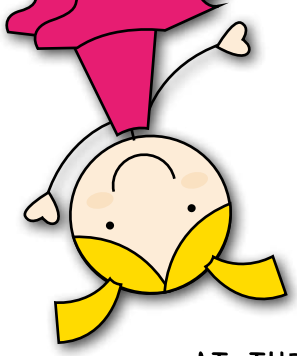
FFONIWCH 07970 381669 I GANFOD OS YW'CH PLENTYN YN GYMWYS NEU E-BOST BENEFITS@BLAENAU-GWENT.GOV.UK

Mae Rheoliadau Bwyta'n Iach mnew Ysgolion yn rhan o fesur ehangach Bwyta Iach mewn Ysgolion 2009.

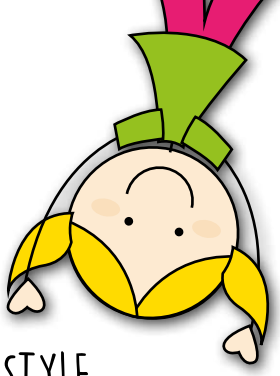
Mae'r Mesur yn rhoi gofyniad cyfreithiol ar awdurdodau lleol a chyrff llywodraethu i hyrwyddo bwyta ac yfed iach gan ddisgyblion a gynhelir ledled Cymru. Mae'n disodli canllawiau gweithredol blaenorol Blas am Oes ac yn gosod y math o fwyd a diod y gellir nac ellir ei darparu mewn ysgolion gan awdurdodau lleol a sicrhau fod safonau maeth yn eu lle ar gyfer ciniawau Ysgol. Mae gwasanaeth Arlwyo Blaenau Gwent yn ymdrechu i gyflawni'r safonau hyn gan ddarparu bwyd blasus.

Ewch i food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni beth yw ein sgôr hylendid bwyd wrth archebu.

Mae mwy o wybodaeth ar gael yn:
http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/healthy-eating

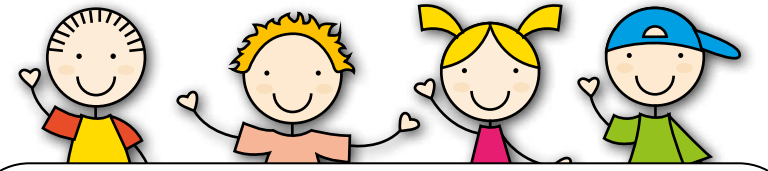


Cyngor Bwrdeistref Sirol
Blaenau Gwent
County Borough Council



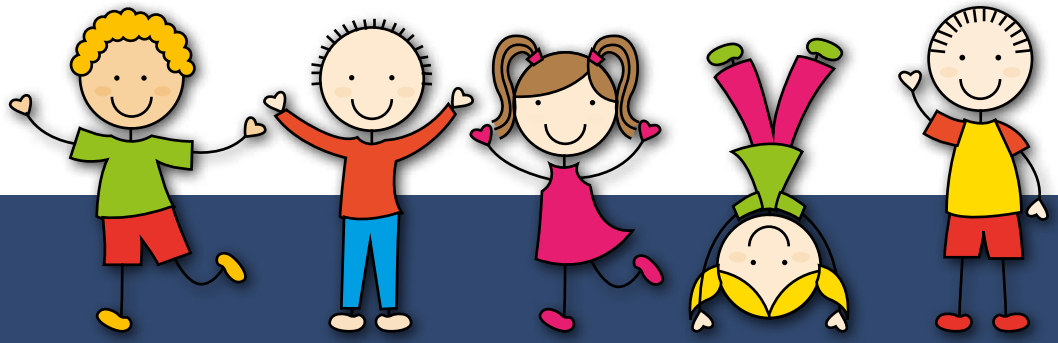
BLAENAU GWENT CATERING
ARLWYO BLAENAU GWENT

AT THE HEART OF A HEALTHY LIFESTYLE
YNG NGHLAON FFORDD O FYW IACHUS



SCHOOL MENU
BWYDLEN YR YSGOL

AUTUMN/WINTER 2022/23 (CATHOLIC SCHOOLS)
HYDREF/GAEAF 2022/23 (DDEWIS POETH YSGOLION CATHOLIG)



AUTUMN/WINTER 2022/23
2 COURSES FOR JUST £2.40

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 FOR WEEKS COMMENCING: 07/11/22; 28/11/22; 19/12/22; 09/01/23; 30/01/23; 27/02/23; 20/03/23					
MAIN MEAL	Pizza, Chips, Side Salad OR Jacket Potato with Tuna & Side Salad	Roast Beef, Yorkshire Pudding, Mashed Potatoes, Peas, Carrots & Gravy OR Quorn Fillet, Mashed Potatoes, Peas, Carrots & Gravy	Beef & Spinach Lasagne (new recipe) with Garlic Bread & Side Salad/ Veg OR Vegan Quorn Nuggets with Tomato and Basil Pasta, Garlic Bread & Side Salad/Veg	Chicken, Stuffing, Mashed + Boiled Potatoes, Gravy, Veg OR Jacket Potato Cheese & Side Salad	Fish Fillet/ Salmon & Sweet Potato Fishcake, Chips, Peas & Sweetcorn OR Vegan Quorn Nuggets with Baked Beans, & Chips
FOR PUDDING	Cornflake Tart & Custard	Apricot Flapjack	Welsh Cake & Milk Drink	Toffee Apple Crumble & Custard	Tutti Fruity Ice Cream & Wafer
WEEK 2 FOR WEEKS COMMENCING: 14/11/22; 05/12/22; 16/01/23; 06/02/23; 06/03/23; 27/03/23					
MAIN MEAL	Mini Grill; Sausage or Veggie Sausage, Bacon, Chips, Baked Beans/Tinned Tomatoes with Bread & Spread OR Jacket Potato with Tuna & Side Salad	Pork & Carrot Meatballs in Gravy, Boiled & Mashed Potatoes, Broccoli, Carrots OR Cheese & Leek Pasta Bake, Side Salad	Fish Finger Sub or Salmon & Sweet Potato Fishcake with Potato Wedges, Peas & Side Salad OR Jacket Potato with Cheese & Side Salad	Cottage Pie (new recipe), Mashed Potato, Broccoli, Carrots & Gravy OR Quorn Mince Cottage Pie Mashed Potato, Broccoli, Carrots & Gravy	Pizza with Chips, Peas & Sweetcorn OR Quorn Fillet with, Chips, Peas & Sweetcorn
FOR PUDDING	Chocolate Beet Cake & Chocolate Custard	Cherry & Coconut Shortbread Biscuit & Milk Drink	Jammy Flapjack & Milk Drink	Pear Sponge & Custard	Oaty Biscuit & Fruit Slices
WEEK 3 FOR WEEKS COMMENCING: 21/11/22; 12/12/22; 23/01/23; 13/02/23; 13/03/23					
MAIN MEAL	Fish Fingers/ Salmon & Sweet Potato Fishcake, Chips & Peas, Bread & Spread OR Jacket Potato with Baked Beans & Cheese, or Slice of Ham & Side Salad	Pork Loin, Stuffing, Mashed & Boiled Potatoes, Carrots, Peas & Gravy OR Quorn Fillet with Tomato & Basil Pasta & Side Salad	Beefy Bolognese with Pasta & Side Salad, Garlic & Herb Bread OR Veggie Bolognese with Pasta & Side Salad, Garlic & Herb Bread	Sausages & Yorkshire Pudding with Mashed Potatoes, Green Beans, Carrots & Gravy OR Glamorgan Sausages & Yorkshire Pudding with Mashed Potatoes, Green Beans, Carrots & Gravy	Southern fried Quorn Burger in a Bun, Chips & Baked Beans OR Jacket Potato Cheese & Side Salad
FOR PUDDING	Spiced Apple & Raisin Sponge & Custard	Rice Krispie Cake with Milk Drink	Pineapple Flapjack & Milk Drink	Fruity jelly & Milk Drink	Chocolate Flavour Artic Roll & Mandarins

Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 07970381669 / 07790544458 for more information.

HYDREF/GAEAF 2022/23
DAU GWRS AM DDIM OND £2.40

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1 WYTHNOSAU SY'N DECHRAU: 07/11/22; 28/11/22; 19/12/22; 09/01/23; 30/01/23; 27/02/23; 20/03/23					
PRIF BRYDAU	Pizza, Sglodion,Salad Ochr NEU Taten yn ei Chroen gyda Thiwna a Salad Ochr	Eidion Rhost, Pwdin Swydd Efrog, Tatws Potsh, Pys, Moron a Grefi NEU Ffiled Quorn, Tatws Stwnsh, Pys, Moron a Grefi	Lasagne Eidion a Sbigoglys (rysait newydd) gyda Bara Garlleg a Salad Ochr/ Llysiau NEU Nygets Quorn Fegan gyda Pasta Tomato a Basil, Bara Garlleg a Salad Ochr/Llysiau	Cyw Iâr, Stwffin, Tatwsh Stwnsh ac wedi Berwi, Grefi, Llysiau NEU Taten yn ei Chroen, Caws a Salad Ochr	Ffiled Pysgod/ Teisen Bysgod Eog a Thatws Melys, Sglodion, Pys a Chorn Melys NEU Nygets Quorn Fegan gyda Ffa Pob a Sglodion
AC I BWDIN	Tarten Creision Yd a Chwstard	Fflapjac Bricyll	Pice ar y Maen a Diod o Laeth	Crymbl Afal Taffi a Chwstard	Hufen Iâ Tutti Fruity a Waffer
WYTHNOS 2 WYTHNOSAU SY'N DECHRAU: 14/11/22; 05/12/22; 16/01/23; 06/02/23; 06/03/23; 27/03/23					
PRIF BRYDAU	Mini Gril; Selsig neu Selsig Llysieeol, Cig Moch, Sglodion , Ffa Pob/Tomatos Tun gyda Bara a Thaeniad NEU Taten yn ei Chroen gyda Thiwna a Salad Ochr	Peli Cig Porc a Moron mewn Grefi, Tatws wedi Berwi a Potsh, Brocoli, Moron NEU Pasta Pob Caws a Chennin, Salad Ochr	Syb Bysedd Pysgod neu Deisen Basgod Eog a Thatws Melys gyda Lletemau Tatws, Pys a Salad Ochr NEU Taten yn ei Chroen gyda Chaws a Salad Ochr	Pastai Bwthyn (rysait newydd), Tatws Stwnsh, Brocoli, Coron a Grefi NEU Pastai Bwthin Briwgig Quorn, Tatws Stwnsh, Brocoli, Moron a Grefi	Pizza gyda Sglodion, Pys a Chorn Melys NEU Ffiled Quorn gyda Sglodion, Pys a Chorn Melys
AC I BWDIN	Teisen Siocled Betys a Chwstard Siocled	Bisged Bara Byr Ceirios a Chnau Coco a Diod o Laeth	Fflapjac Jam a Diod o Laeth	Sbwng Gellyg a Chwstard	Bisged Geirch a Thafelli Ffrwythau
WYTHNOS 3 WYTHNOSAU SY'N DECHRAU: 21/11/22; 12/12/22; 23/01/23; 13/02/23; 13/03/23					
PRIF BRYDAU	Bysedd Pysgod / Teisen Bysgod Eog a Thatws Melys, Sglodion a Phys, Bara a Thaeniad NEU Taten yn ei Chroen gyda Ffa Pob a Chaws, neu Dafell o Ham a Salad Ochr	Llwyn Porc, Stwffin, Tatws Potsh ac wedi Berwi, Moron, Pys a Grefi NEU Ffiled Quorn gyda Pasta Tomato a Basil a Salad Ochr	Bolognese Eidion gyda Pasta a Salad Ochr, Bara Garlleg a Pherlysiau NEU Bolognese Llysieuol gyda Pasta a Salad Ochr, Bara Garlleg a Pherlysiau	Selsig a Phwdin Swydd Efrog gyda Thatws Stwnsh, Ffa Gwyrdd, Moron a Grefi NEU Selsig Morgannwg a Phwdin Swydd Efrog gyda Thatws Stwnsh, Ffa Gwyrdd, Moron a Grefi	Byrgyr Quorn wedi'i Ffrio mewn Dull Deheuol mewn Bynsen, Sglodion a Ffa Pob NEU Taten yn ei Chroen, Caws a Salad Ochr
AC I BWDIN	Sbwng Afal a Rhesin Sbeislyd a Chwstard	Teisen Reis Crispi gyda Diod o Laeth	Fflapjac Pinafal a Diod o Laeth	Jeli Ffrwyth a diiod o Laeth	Rôl Arctig Blas Siocled ac Orenau Mandarin

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrad arall yn ychwangeol at ddewis o ffrwyth ffres neu iogwrt fel pwdin arall. Gall fod angen newid eitem heb eu hysbysebu'n flaenorol. Rydyn ni'n arlwyo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cysylltwch â r Adran Arlwyo ar Ffôn: 07970381669 / 07790544458.