

# Bwydlen Ysgol Gynradd 2020-21 Primary School Menu 2020-21

MEDI / SEPT 2020								HYD / OCT 2020								TACH / NOV 2020							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
Wk1	1*	2	3	4	5	6		Wk1	1	2	3	4	5	6		Wk1	1	2	3	4	5	6	
Wk2	7	8	9	10	11	12	13	Wk2	7	8	9	10	11	12	13	Wk2	7	8	9	10	11	12	13
Wk3	14	15	16	17	18	19	20	Wk3	14	15	16	17	18	19	20	Wk3	14	15	16	17	18	19	20
Wk1	21	22	23	24	25	26	27	Wk1	21	22	23	24	25	26	27	Wk1	21	22	23	24	25	26	27
Wk2	28	29	30					Wk2	28	29	30	31				Wk2	28	29	30	31			

RHAG / DEC 2020								ION / JAN 2021								CHWE / FEB 2021								MAW / MAR 2021							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
Wk3	1	2	3	4	5	6		Wk3	1	2	3	4	5	6		Wk1	1	2	3	4	5	6		Wk1	1	2	3	4	5	6	
Wk1	7	8	9	10	11	12	13	Wk1	7	8	9	10	11	12	13	Wk2	7	8	9	10	11	12	13	Wk2	7	8	9	10	11	12	13
Wk2	14	15	16	17	18	19	20	Wk2	14	15	16	17	18	19	20	Wk1	14	15	16	17	18	19	20	Wk1	14	15	16	17	18	19	20
Wk3	21	22	23	24	25	26	27	Wk3	21	22	23	24	25	26	27	Wk2	21	22	23	24	25	26	27	Wk2	21	22	23	24	25	26	27
Wk1	28	29	30	31				Wk1	28	29	30	31				Wk3	28	29	30	31				Wk3	28	29	30	31			

\* = STAFF TRAINING DAY

## Gwybodaeth

PB Prif Bryd DLL Dewis Llyseuol LL Llysiau C Carbohydrad P Pwddin (Alergenau sydd mewn cromfachau)

- logwrt Llaeth y Llan
  - Rydym yn darparu cig eidion Cymreig yn unig
  - Byrgyr Cig Eidion Cymreig Edwards o Gonwy
  - Bara cyflawn Henllan ar gael bob dydd
  - Selsig Porc Edwards o Gonwy gyda Phorc Gwarant Fferm
- Mae'r fwydlen hon yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion 2013. Mae dŵr yfed ffres ar gael bob dydd i bawb. Mae bara cyflawn a llysiau ffres ar gael bob dydd. Darperir ar gyfer diet arbennig, cysylltwch â chogydd/es yng ngofal yr ysgol. [Adran Arlwyo Addysg Conwy, Ffôn: 01492 575586](mailto:Adran.Arlwyo.Addysg@conwy.gov.uk)



	WYTHNOS 1	WYTHNOS 2	WYTHNOS 3
LLUN	<b>PB</b> Selsig wedi eu Pobi (1) <b>DLL</b> Byrgyr Quorn Briwsionllyd (1,3,7) <b>LL</b> Ffa Pob <b>C</b> Tatws Hufenog (7) <b>P</b> Pwddin Reis gyda Phiwrî Ffrwythau (7)	<b>PB</b> Byrgyr Cig Eidion Cymreig mewn Rhôl (1,12) <b>DLL</b> Byrgyr Quorn Briwsionllyd mewn Rhôl (1,3,7) <b>LL</b> Batonau Llysiau <b>C</b> Darnau Tatws <b>P</b> Cacenn Creision Reis Euraidd / Llaeth (1,7)	<b>PB</b> Cyri Cyw Iâr / Cyw Iâr Hufenog (1,7) <b>DLL</b> Wrap Llysiau Poeth (1,7) <b>LL</b> Brocoli <b>C</b> Reis / Pasta / Bara Naan (1,7) <b>P</b> Bar Grawnfwyd Ffrwythau / Llaeth (1,7,12)
MAWRTH	<b>PB</b> Pizza Cartref wedi ei Bobi (1,6,7) <b>DLL</b> Taten Bob wedi'i Llenwi <b>LL</b> Corn Melys / Salad <b>C</b> Tatws a Pherlysiau wedi'u Torri <b>P</b> logwrt gyda batonau ffrwythau ffres (7)	<b>PB</b> Peli Cig Eidion Cartref mewn Saws (1,3) <b>DLL</b> Caws Pob Cymreig (1,3,7) <b>LL</b> Corn Melys <b>C</b> Reis / Pasta (1) <b>P</b> Salad Ffrwythau Ffres / Bara Brith (1,3,7,12)	<b>PB</b> Selsig wedi eu pobi a greff nionod (1) <b>DLL</b> Cacenn Lysiau Euraidd (1,7) <b>LL</b> Moron / Pys <b>C</b> Tatws Hufenog (7) <b>P</b> Pwddin Reis gydag Eirin Gwlanog (7)
MECHER	<b>PB</b> Lasagne / Bolognaise Cig Eidion (1,7,10) <b>DLL</b> Pastai caws a thatws (1,7,10) <b>LL</b> Brocoli / Moron wedi'u Gratio <b>C</b> Sbageti / Bara Garleg Cartref wedi ei Bobi (1,6,7) <b>P</b> Bisgedi / Llaeth (1,7)	<b>PB</b> Darnau Cyw Iâr Euraidd (1) <b>DLL</b> Omlod Sbaenaidd (3) <b>LL</b> Ffa Pob <b>C</b> Pasta (1) <b>P</b> Sbwng Siocled a Saws Gwyn (1,3,7)	<b>PB</b> Wrap Salad Tiwna (1,4,10) <b>DLL</b> Pizza Cartref wedi ei Bobi (1,6,7) <b>LL</b> Colclo / Bar Salad <b>C</b> Tatws wedi'u ffrio'n ysgafn <b>P</b> logwrt Ffrwythau a Darnau Afal (7)
IAU	<b>PB</b> Cyw Iâr Rhost gyda Greff (1) <b>DLL</b> Blodfresych a Chennin Pob (1,7,10) <b>LL</b> Moron / Bresych Crych <b>C</b> Tatws Rhost <b>P</b> Torth Ddatys a Syltana (1,3,12) / Salad Ffrwythau Ffres / Sudd Oren	<b>PB</b> Twrci Rhost gyda Greff (1) <b>DLL</b> Cacenn Lysiau Euraidd (1,7) <b>LL</b> Moron / Bresych Crych <b>C</b> Tatws Rhost <b>P</b> Fflapjac Ffrwythau (1,12) / Sudd Oren	<b>PB</b> Gamwn / Cig Eidion Rhost <b>DLL</b> Caws Macaroni (1,7,10) <b>LL</b> Moron / Ffa Gwyrdd <b>C</b> Tatws Rhost <b>P</b> Dysgl Ffrwythau a Chaws / Bara Brith / (1,3,7,12) Sudd Oren
GWENER	<b>PB</b> Ffiled Eog mewn Briwsion Bara (1,4) <b>DLL</b> Wrap Salad Wy (1,3,10) <b>LL</b> Batonau Llysiau / Pys <b>C</b> Sglodion <b>P</b> Browni Siocled / Llaeth (1,3,7)	<b>PB</b> Cacenn Bysgod Eog (1,4,10) <b>DLL</b> Quiche Llysiau (1,3,7,10) <b>LL</b> Pys <b>C</b> Tatws Hufenog / Tatws drwy'u crwyn (7) <b>P</b> Teisen Frau Lemwn ac Oren / Llaeth (1,7)	<b>PB</b> Ffiled Eog mewn Briwsion Bara (1,4) <b>DLL</b> Pastai caws a thatws (1,7) <b>LL</b> Ffa Pob / Pys <b>C</b> Sglodion <b>P</b> Sbwng Afal a Saws Taffi (1,3,7)

M Main Meals VO Vegetarian Option V Vegetables C Carbohydrates P Pudding (Allergens shown in brackets)

	WEEK 1	WEEK 2	WEEK 3
MON	<b>M</b> Oven Baked Sausages (1) <b>VO</b> Breaded Quorn Burger (1,3,7) <b>V</b> Baked Beans <b>C</b> Creamed Potatoes (7) <b>P</b> Rice Pudding with strawberry sauce (7)	<b>M</b> Welsh Beef Burger in a Bap (1,12) <b>VO</b> Breaded Quorn Burger in a Bap (1,3,7) <b>V</b> Vegetable Batons <b>C</b> Potato Wedges <b>P</b> Golden Krispie Cake / Milk (1,7)	<b>M</b> Chicken Curry/Creamy chicken (1,7) <b>VO</b> Hot Vegetable Wraps (1,7) <b>V</b> Broccoli <b>C</b> Rice / Pasta / Naan Bread (1,7) <b>P</b> Fruit Cereal Bar / Milk (1,7,12)
TUE	<b>M</b> Home Baked Pizza (1,6,7) <b>VO</b> Filled Jacket Potato <b>V</b> Sweetcorn / Salad <b>C</b> Herby Diced Potatoes <b>P</b> Yogurt with fresh fruit dippers (7)	<b>M</b> Homemade Beef Meatballs in Sauce (1,3) <b>VO</b> Welsh Rarebit (1,3,7,10) <b>V</b> Sweetcorn <b>C</b> Rice / Pasta (1) <b>P</b> Fresh Fruit Salad / Bara Brith (1,3,7,12)	<b>M</b> Oven Baked Sausages and Onion Gravy (1) <b>VO</b> Country Bakes (1,7) <b>V</b> Carrots / Peas <b>C</b> Creamed Potatoes (7) <b>P</b> Rice Pudding with Peaches (7)
WED	<b>M</b> Beef Bolognaise / Lasagne (1,7,10) <b>VO</b> Cheese and Potato Pastie (1,7,10) <b>V</b> Broccoli / Grated Carrot <b>C</b> Spaghetti / Home Baked Garlic Bread (1,6,7) <b>P</b> Cookie / Milk (1,7)	<b>M</b> Crispy Chicken Bites (1) <b>VO</b> Spanish Omelette (3) <b>V</b> Baked Beans <b>C</b> Pasta (1) <b>P</b> Chocolate Sponge and sauce (1,3,7)	<b>M</b> Tuna salad Wrap (1,4,10) <b>VO</b> Home Baked Pizza (1,6,7) <b>V</b> Coleslaw / Salad Bar <b>C</b> Sauté Potatoes <b>P</b> Fruit Yogurt & Apple Dippers (7)
THURS	<b>M</b> Roast Chicken with Gravy (1) <b>VO</b> Cauliflower and Leek Bake (1,6,10) <b>V</b> Carrots / Savoy Cabbage <b>C</b> Roast Potatoes <b>P</b> Date and Sultana Loaf (1,3,12) / Fresh Fruit Salad / Orange Juice	<b>M</b> Roast Turkey with Gravy (1) <b>VO</b> Country Bakes (1,7) <b>V</b> Carrots / Savoy Cabbage <b>C</b> Roast Potatoes <b>P</b> Fruit Flapjack (1,12) / Orange Juice	<b>M</b> Roast Gammon / Beef <b>VO</b> Macaroni and Cheese (1,7,10) <b>V</b> Carrots / Green Beans <b>C</b> Roast Potatoes <b>P</b> Fruit and Cheese Platter / Bara Brith / (1,3,7,12) Orange Juice
FRI	<b>M</b> Breaded Salmon Fillet (1,4) <b>VO</b> Egg Salad Wrap (1,3,10) <b>V</b> Vegetable Batons / Peas <b>C</b> Chips <b>P</b> Chocolate Brownie / Milk (1,3,7)	<b>M</b> Salmon Fish Cake (1,4,10) <b>VO</b> Vegetable Quiche (1,3,7,10) <b>V</b> Peas <b>C</b> Creamed potatoes / Jacket Potatoes (7) <b>P</b> Lemon and Orange Shortbread / Milk (1,7)	<b>M</b> Breaded Salmon Fillet (1,4) <b>VO</b> Cheese and Potato Pastie (1,7) <b>V</b> Baked Beans / Peas <b>C</b> Chips <b>P</b> Apple Sponge and Toffee Sauce (1,3,7)

## Information

- Llaeth y Llan Yogurts
- We only use Welsh Beef
- Welsh Beef Burgers from Edwards of Conwy
- Henllan wholemeal bread is available daily
- Pork Sausages from Edwards of Conwy made with Farm Assured Pork

This menu complies with the **Healthy Food in Schools Regulations 2013**. A drink of fresh water is available every day to all. Wholemeal bread and fresh fruit are available daily. Special diets are catered for, please contact the school cook in charge. [Conwy Education Catering Department](mailto:Conwy.Education.Catering@conwy.gov.uk)  
Tel: 01492 575586.



Sir Conwy, yr amgylchedd iawn  
ar gyfer dysgu a chyflawni

Conwy County, the right environment  
for learning and achieving



# Rydym eisiau i blant fwyta'n dda yn yr ysgol

## Cost y pryd Babanod a phlant iau £2.70.

A fydddech cystal â thalu arian i mewn i'ch cyfrif Parent Pay bob ddydd Llun ar gyfer yr wythnos i ddod.

## A oes gennych hawl i ginio ysgol am ddim?

ALLWCH CHI ARBED £430 Y FLWYDDYN AR GYFER BOB PLENTYN

Ar gyfer bob disgybl sy'n derbyn Prydau Ysgol am Ddim, mae Cyngor Bwrdeistref Sirol Conwy yn derbyn cyllid gan Lywodraeth Cymru sy'n galluogi'r Ysgol i ddarparu cefnogaeth ychwanegol i'r plant hynny. Felly os oes gennych hawl, ymgeisiwch nawr.

## Os ydych yn derbyn Credyd Cynhwysol neu budd-dal arall a dymunech wneud cais, argraffwch a chwblhewch y Ffurflen Gais Prydau Ysgol am Ddim

ar [www.conwy.gov.uk/freeschoolmeals](http://www.conwy.gov.uk/freeschoolmeals) a'i anfon at –

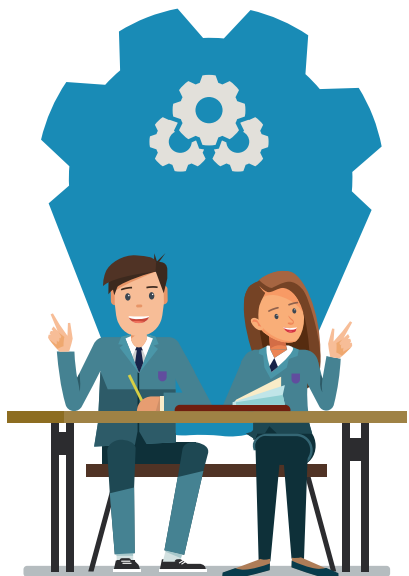
Gwasanaethau Asesu Refeniw a Budd-Daliadau, Blwch Post 1, Conwy, LL30 9GN.

## Ydych chi angen cymorth i wybod mwy am hawlio'r budd-daliadau y mae gennych hawl iddynt?

### Ffoniwch ein Llinell Gymorth Budd-daliadau ar 01492 576616

Mae'r llinell ar agor o 9.00 a.m. hyd at 4.00 p.m. dydd Llun i ddydd Gwener.

Mae cymorth ar gael os byddwch yn dechrau gweithio, os oes newid yn eich amgylchiadau personol, ac i sicrhau nad ydych yn colli consesiynau a gostyngiadau er enghraifft Cynllun Cymorth Dŵr; Gostyngiad Cartref Cynnes; Talebau Cychwyn Iach.



# We want children to eat well in school

## The meal cost is £2.70 for infants and for juniors.

Top up your Parent Pay account every Monday for the meals to be taken in the week.

## Are you entitled to free school meals?

YOU COULD SAVE £430 PER YEAR FOR EACH CHILD

For every pupil that is in receipt of a Free School Meal Conwy County Borough Council receive funding from the Welsh Government which enables the School to provide additional support to those children. So if you have an entitlement please apply.

## If you are receipt of Universal Credit or another benefit and you wish to apply please print and complete the Free School Meal Application at

[www.conwy.gov.uk/freeschoolmeals](http://www.conwy.gov.uk/freeschoolmeals) and send to –

Revenue and Benefits Assessment Services, PO Box 1, Conwy, LL30 9GN

## Do you need help to find out about benefits you may be entitled to?

### Contact the Benefit Advice Line on 01492 576616.

The line is open 9.00am to 4.00pm Monday to Friday.

There is help here if you start work, if there is a change in our personal circumstances and to make sure you are not missing out on concessions and discounts such as Water Assist; Warm Home Discount; Healthy Start Vouchers.

## Gwybodaeth am Alergenau

Mae gwybodaeth ar gael yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

### Dyma'r 14 Alergen:-

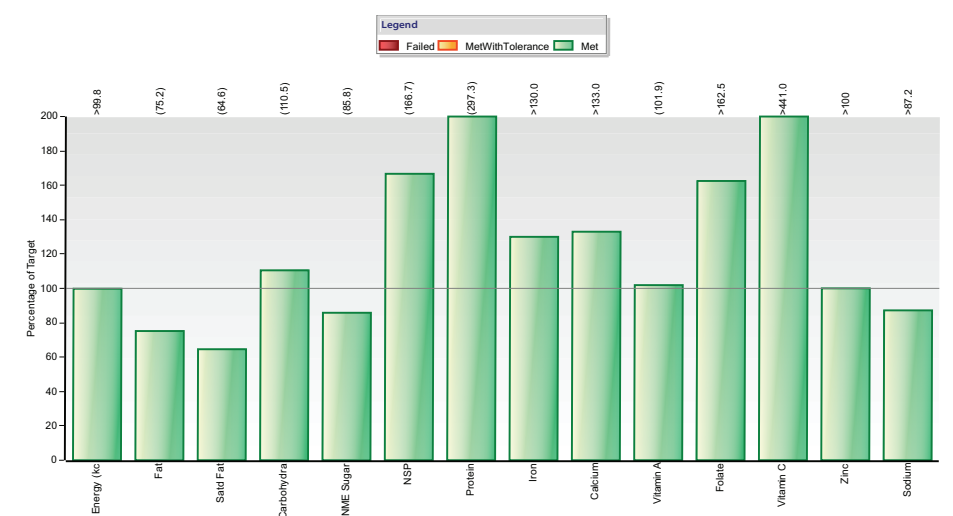
1. Grawnfwydydd sy'n cynnwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Cnau Mwnci
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr Deuocsid.
13. Lwpin
14. Molysgiaid



## Neiges i chi.

Rhannwch eich "Stori Cinio Ysgol" trwy anfon e-bost at [arlwyaeth@conwy.gov.uk](mailto:arlwyaeth@conwy.gov.uk) neu trwy wefan Cyngor Conwy [www.conwy.gov.uk](http://www.conwy.gov.uk) chwiliwch am "Bwyd mewn Ysgolion".

Mae'r graff hwn yn dangos y bwyd a'r maeth a ddarperir yn y fwydlen ysgol gynradd tair wythnos a'r llinell sy'n dangos safon Llywodraeth Cymru ar gyfer bwyd a maeth.



## Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

### These are the 14 allergens:-

1. Cereals containing Gluten
2. Crustaceans
3. Eggs,
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs



## Message for you.

Share your "School lunch Story" by email to [catering@conwy.gov.uk](mailto:catering@conwy.gov.uk) or on the Conwy Council website [www.conwy.gov.uk](http://www.conwy.gov.uk) search for "Food in School".

This graph shows the food and nutrients provided in the three week Primary school menu and the line that is the Welsh Government standard for the food and nutrients.

