

# Bwydlen y Gaeaf 2019-20

## Winter Menu 2019-20

TACH / NOV 2019							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1	4	5	6	7	8	9	10
WK2	11	12	13	14	15	16	17
WK3	18	19	20	21	22	23	24
WK1	25	26	27	28	29	30	

RHAG / DEC 2019							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK2	2	3	4	5	6	7	8
WK3	9	10	11	12	13	14	15
WK1	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

ION / JAN 2020							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK2	6	7	8	9	10	11	12
WK3	13	14	15	16	17	18	19
WK1	20	21	22	23	24	25	26
WK2	27	28	29	30	31		

CHWE / FEB 2020							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	3	4	5	6	7	8	9
WK1	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
WK2	24	25	26	27	28	29	

MAW / MAR 2020							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	2	3	4	5	6	7	8
WK1	9	10	11	12	13	14	15
WK2	16	17	18	19	20	21	22
WK3	23	24	25	26	27	28	29
WK1	30	31					

EBR / APR 2020							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1		1	2	3	4	5	
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

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

### Gwybodaeth



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](mailto:Adran.Arlwyo.Addysg@conwy.gov.uk), Ffôn: 01492 575586



	WYTHNOS 1	WYTHNOS 2	WYTHNOS 3
LLUN	PB Selsig wedi eu Pobi (1) DLL Byrgyr Quorn Briwsionllyd (1,3,7) LL Ffa Pob C Tatws Hufenog (7) P Pwddin Reis gyda Phiwrí Ffrwythau (7)	PB Byrgyr Cig Eidion Cymreig mewn Rhôl (1,12) DLL Byrgyr Quorn Briwsionllyd mewn Rhôl (1,3,7) LL Batonau Llysiau C Darnau Tatws P Cacen Creision Reis Euraidd / Llaeth (1,7)	PB Cyri Cyw Iâr / Cyw Iâr Hufenog (1,7) DLL Wrap Llysiau Poeth (1,7) LL Brocoli C Reis / Pasta / Bara Naan (1,7) P Bar Grawnfywd Ffrwythau / Llaeth (1,7)
MAWRTH	PB Pizza Cartref wedi ei Bobi (1,6,7) DLL Taten Bob wedi'i Llenwi (4) LL Corn Melys / Salad C Tatws a Pherlysiau wedi'u Torri P logwrt gyda batonau ffrwythau ffres (7)	PB Peli Cig Eidion Cartref mewn Saws (1,3) DLL Caws Pob Cymreig (1,3,7) LL Corn Melys C Reis / Pasta (1) P Salad Ffrwythau Ffres / Bara Brith (1,3,7,12)	PB Selsig wedi eu pobi a greff nionod (1) DLL Cacen Lysiau Euraidd (1,7) LL Moron / Pys C Tatws Hufenog (7) P Pwddin Reis gydag Eirin Gwlanog (7)
MECHER	PB Lasagne / Bolognaise Cig Eidion (1,7,10) DLL Pastai caws a thatws (1,7,10) LL Brocoli / Moron wedi'u Gratio C Sbageti / Bara Garleg Cartref wedi ei Bobi (1,6,7) P Bisgedi / Llaeth (1,7)	PB Darnau Cyw Iâr Euraidd (1,6,7,9) DLL Omlod Sbaenaidd (3) LL Ffa Pob C Pasta (1) P Sbwng Siocled a Saws Gwyn (1,3,7)	PB Wrap Salad Tiwna (1,4) DLL Pizza Cartref wedi ei Bobi (1,6,7) LL Colso / Bar Salad C Tatws wedi'u ffrio'n ysgafn P logwrt Ffrwythau a Darnau Afal (7)
IAU	PB Cyw Iâr Rhost gyda Greff (1) DLL Blodffresych a Chennin Pob (1,7,10) LL Moron / Bresych Crych C Tatws Rhost P Torth Ddatys a Syltana / Salad Ffrwythau Ffres / Sudd Oren (1,3)	PB Twrci Rhost gyda Greff (1) DLL Cacen Lysiau Euraidd (1,7) LL Moron / Bresych Crych C Tatws Rhost P Fflapjac Ffrwythau / Sudd Oren (1)	PB Gamwn / Cig Eidion Rhost DLL Caws Macaroni (1,7,10) LL Moron / Ffa Gwyrdd C Tatws Rhost P Dysgl Ffrwythau a Chaws / Bara Brith / (1,3,7,12) Sudd Oren
GWENER	PB Ffiled Eog mewn Briwsion Bara (1,4) DLL Wrap Salad Wy (1,3,10) LL Batonau Llysiau / Pys C Sglodion P Browni Siocled / Llaeth (1,3,7)	PB Cacen Bysgod Eog (1,4,10) DLL Quiche Llysiau (1,3,7,10) LL Pys C Tatws Hufenog / Tatws drwy'u crwyn (7) P Teisen Frau Lemwn ac Oren / Llaeth (1,7)	PB Ffiled Eog mewn Briwsion Bara (1,4) DLL Pastai caws a thatws (1,7) LL Ffa Pob / Pys C Sglodion P 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	M Oven Baked Sausages (1) VO Breaded Quorn Burger (1,3,7) V Baked Beans C Creamed Potatoes (7) P Rice Pudding with strawberry sauce (7)	M Welsh Beef Burger in a Bap (1,12) VO Breaded Quorn Burger in a Bap (1,3,7) V Vegetable Batons C Potato Wedges P Golden Krispie Cake / Milk (1,7)	M Chicken Curry/Creamy chicken (1,7) VO Hot Vegetable Wraps (1,7) V Broccoli C Rice / Pasta / Naan Bread (1,7) P Fruit Cereal Bar / Milk (1,7)
TUE	M Home Baked Pizza (1,6,7) VO Filled Jacket Potato (4) V Sweetcorn / Salad C Herby Diced Potatoes P Yogurt with fresh fruit dippers (7)	M Homemade Beef Meatballs in Sauce (1,3) VO Welsh Rarebit (1,3,7,10) V Sweetcorn C Rice / Pasta (1) P Fresh Fruit Salad / Bara Brith (1,3,7,12)	M Oven Baked Sausages and Onion Gravy (1) VO Country Bakes (1,7) V Carrots / Peas C Creamed Potatoes (7) P Rice Pudding with Peaches (7)
WED	M Beef Bolognaise / Lasagne (1,7,10) VO Cheese and Potato Pastie (1,7,10) V Broccoli / Grated Carrot C Spaghetti / Home Baked Garlic Bread (1,6,7) P Cookie / Milk (1,7)	M Crispy Chicken Bites (1,6,7,9) VO Spanish Omelette (3) V Baked Beans C Pasta (1) P Chocolate Sponge and sauce (1,3,7)	M Tuna salad Wrap (1,4) VO Home Baked Pizza (1,6,7) V Coleslaw / Salad Bar C Sauté Potatoes P Fruit Yogurt & Apple Dippers (7)
THURS	M Roast Chicken with Gravy (1) VO Cauliflower and Leek Bake (1,6,10) V Carrots / Savoy Cabbage C Roast Potatoes P Date and Sultana Loaf / Fresh Fruit Salad / (1,3) Orange Juice	M Roast Turkey with Gravy (1) VO Country Bakes (1,7) V Carrots / Savoy Cabbage C Roast Potatoes P Fruit Flapjack (1) / Orange Juice (1)	M Roast Gammon / Beef VO Macaroni and Cheese (1,7,10) V Carrots / Green Beans C Roast Potatoes P Fruit and Cheese Platter / Bara Brith / (1,3,7,12) Orange Juice
FRI	M Breaded Salmon Fillet (1,4) VO Egg Salad Wrap (1,3,10) V Vegetable Batons / Peas C Chips P Chocolate Brownie / Milk (1,3,7)	M Salmon Fish Cake (1,4,10) VO Vegetable Quiche (1,3,7,10) V Peas C Creamed potatoes / Jacket Potatoes (7) P Lemon and Orange Shortbread / Milk (1,7)	M Breaded Salmon Fillet (1,4) VO Cheese and Potato Pastie (1,7) V Baked Beans / Peas C Chips P 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 £2.50 o 28/04/2019.**

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 –

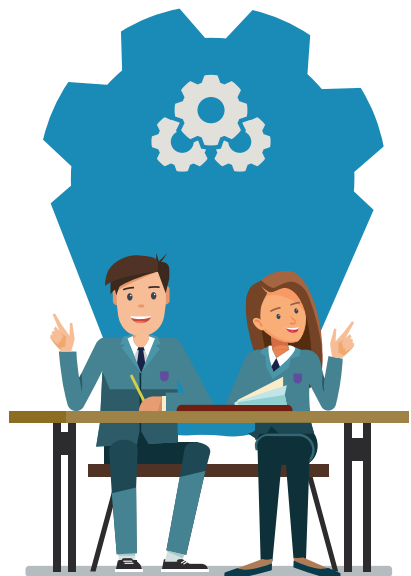
**Gwasanaethau Asesu Refeniw a Budd-Daliadau, Blwch Post 1, Conwy, LL30 9GN.**

**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 £2.50 for infants and for juniors from 28/04/2019**

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:-

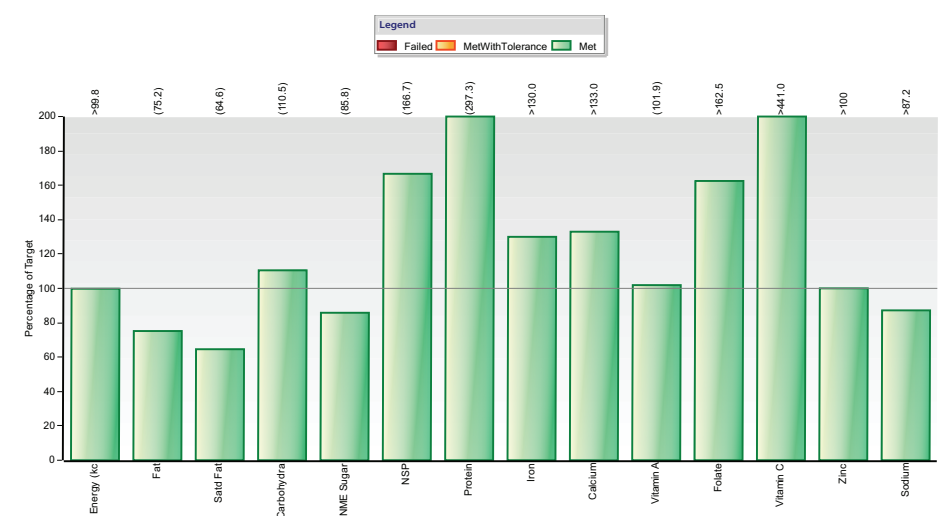
1. Grawnfwydydd sy'n cynnwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Cnau Mwnci
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr Deuocsid.
13. Lwpin
14. Molysgiaid



## 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.

