



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 01495 353398 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>



Os ydych 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 arlwyio 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 Mewnffudo a Lloches 1999

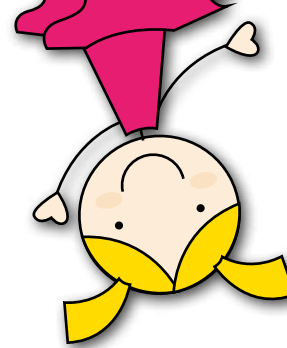
FFONIWCH 01495 353398 I GANFOD OS YW'CH PLENTYN YN GYMWYS NEU E-BOST BENEFITS@BLAENAU-GWENT.GOV.UK

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

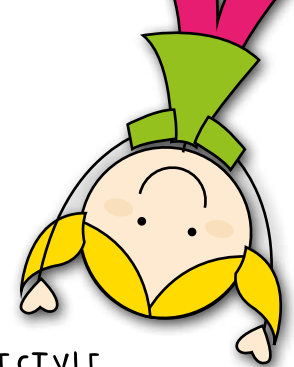
Mae'r Mesur yn rhoi gofyniad cyfreithiol ar awdurdodau lleol a chyrff llywodraethu i hyrwyddo bwyta ac yfed iach gan ddisgyblion a gynhelir ledled Cymru. Mae'n disodli canllawiau gweithredol blaenorol Blas am Oes ac yn gosod y math o fwyd a diod y gellir nac ellir ei darparu mewn ysgolion gan awdurdodau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

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

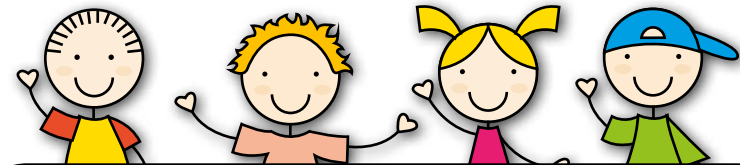
Mae mw y wybodaeth ar gael yn:
<http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/healthy-eating>



BLAENAU GWENT CATERING
ARLWYO BLAENAU GWENT

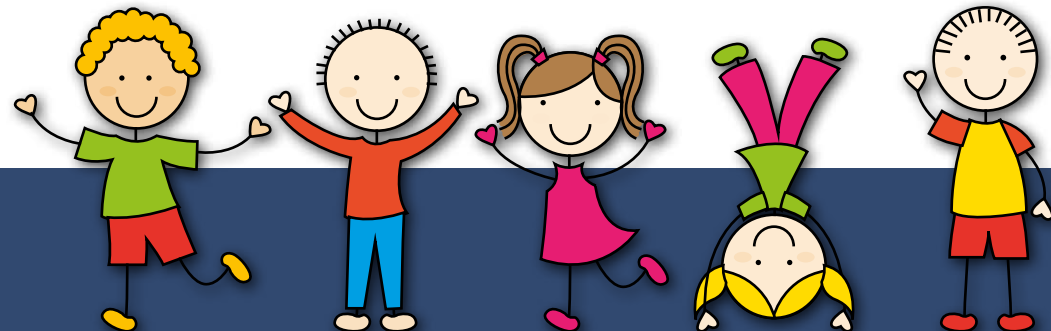


AT THE HEART OF A HEALTHY LIFESTYLE
YNG NGHLAON Ffordd o fyw iachus



SCHOOL MENU Bwydlen yr Ysgol

SPRING/SUMMER 2021 – SALAD BAR
Y GWANWYN/YR HAF 2021 – BAR SALAD



SPRING/SUMMER 2021 MENU (2 COURSES FOR JUST £2.40)

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WEEK 1 FOR WEEKS COMMENCING: 12/04/21; 03/05/21; 24/05/21; 07/06/21; 28/06/21; 19/07/21; 30/08/21; 20/09/21; 11/10/21

MAIN MEAL OR FOR PUDDING	Pizza, Chips & Side Salad	Homemade Chicken Korma with Vegetable Rice & Side Salad	Roast Beef, Yorkshire Pudding, Mashed & Boiled Potatoes with Veg Selection & Gravy	Pasta Bolognese, Garlic Bread & Side Salad	Fish Finger Wrap, Chips & Peas
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Shortbread Biscuit & Chocolate Whirl	Welsh Cake & Milk Drink	Chocolate Brownie	Oaty Apple Crumble with Custard	Peaches & Ice Cream

WEEK 2 FOR WEEKS COMMENCING: 19/04/21; 10/05/21; 14/06/21; 05/07/21; 06/09/21; 27/09/21; 18/10/21

MAIN MEAL OR FOR PUDDING	BBQ Flavoured Chicken Fillet with Chips & Peas	Seaside-Style Salmon with Mashed Potato, Peas & Sweetcorn	Sausage & Yorkshire Pudding, Mashed & Boiled Potatoes, Veg Selection & Gravy	Beef Lasagne with Garlic Bread with Side Salad or Veg Selection	Pizza with Chips & Side Salad
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Pineapple Flapjack & Milk Drink	Apple Crumble Cake & Custard	Chocolate Cornflake Tart with Chocolate Custard	Chocolate Rice Krispie Cake & Milk Drink	Fruit Cocktail & Ice Cream

WEEK 3 FOR WEEKS COMMENCING: 26/04/21; 17/05/21; 21/06/21; 12/07/21; 13/09/21; 04/10/21

MAIN MEAL OR FOR PUDDING	Seaside-Style Salmon with Chips & Peas & Sweetcorn	Hot Dog with Potato Wedges & Side Salad	Roast Chicken with Stuffing, Mashed & Boiled Potatoes, Veg Selection & Gravy	Bolognese Pasta Bake with Garlic Bread & Side Salad	Quorn Southern Style Burger In a Roll with Chips & Peas or Side Salad
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Choccy Orange Beet Cake & Chocolate Custard	Apple & Cinnamon Crumble & Custard	Homemade Traditional Fruit Trifle & Milk Drink	Apricot Flapjack and Milk Drink	Arctic 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: 01495 355314 / 355315 for more information.

Salad Bar: Available daily as an alternative to the Hot Meal of the Day. Choose from: Jacket potato, freshly baked baguette or tortilla wrap; plus ham, turkey, tuna, cheese or baked beans; plus mixed lettuce or leaves, tomatoes, cucumber, sweetcorn, pasta salad, coleslaw, pickles, mandarins or pineapple (choices may vary).

Y GWANWYN/YR HAF 2021 (DAU GWRS AM DDIM OND £2.40)

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
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WYTHNOS 1 WYTHNOS SY'N DECHRAU: 12/04/21; 03/05/21; 24/05/21; 07/06/21; 28/06/21; 19/07/21; 30/08/21; 20/09/21; 11/10/21

PRIF BRYDAU NEU AC I BWDIN	Pizza, Sgllodion a Salad Ochr	Korma Cyw Iâr Cartref gyda Reis Llysiau a Salad Ochr	Eidion Rhos, Pwdin Swydd Efrog, Tatws Stwnsh a Tatws wedi Berwi gyda Detholiad Llysiau a Grefi	Pasta Bolognese, Bara Garlleg a Salad Ochr	Rap Bysedd Pysgod, Sgllodion a Phys
	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
	Bisged Bara Byr a Troellyn Siocled	Pice ar y Maen a Diod o Laeth	Browni Siocled	Crymbl Afal Ceirchog gyda Chwstard	Eirin Gwlanog a Hufen Iâ

WYTHNOS 2 WYTHNOSAU SY'N DECHRAU: 19/04/21; 10/05/21; 14/06/21; 05/07/21; 06/09/21; 27/09/21; 18/10/21

PRIF BRYDAU NEU AC I BWDIN	Ffiled Cyw Iâr Blas Barbeciw gyda Sgllodion a Ffa	Eog Glan Môr gyda Thatws Potsh, Pys a Chorn Melys	Selsig a Phwdin Swydd Efrog, Tatws Stwnsh a Thatws wedi Berwi, Detholiad Llysiau a Grefi	Lasagne Eidion gyda Bara Garlleg gyda Salad Ochr neu Ddetholiad Llysiau	Pizza gyda Sgllodion a Salad Ochr
	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
	Fflapjac Pin-afal a Diod o Laeth	Teisen Crymbl Afal a Chwstard	Tarten Creision Yd Siocled a Chwstard Siocled	Teisen Reis Krispie Siocled a Diod o Laeth	Coctel Ffrwythau a Hufen Iâ

WYTHNOS 3 WYTHNOS SY'N DECHRAU: 26/04/21; 17/05/21; 21/06/21; 12/07/21; 13/09/21; 04/10/21

PRIF BRYDAU NEU AC I BWDIN	Eog Glan Môr gyda Sgllodion a Phys a Chorn Melys	Ci Poeth gyda Lletemau Tatws a Salad Ochr	Cyw Iâr Rhos gyda Stwffin, Tatws Stwnsh a Thatws wedi Berwi, Detholiad Llysiau a Grefi	Pasta Bolognese Pob gyda Bara Garlleg a Salad Ochr	Byrgyr Quorn Arddull Deheuol mewn Rhodyn gyda Sgllodion a Phys neu Salad Ochr
	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
	Teisen Bety's Siocled Oren a Chwstard Siocled	Crymbl Afal a Sinamwn a Chwstard	Treiffil Ffrwyth Traddodiadol Cartref a Diod o Laeth	Fflapjac Bricyll a Diod o Laeth	Arctic Rôl ac Orenau Mandarin

Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fel carbohydrate 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 arlwygo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol.** Cysylltwch â'r Adran Arlwygo ar Ffôn: 01495 355314 / 355315.

Bydd Bar Salad aar gael bob dydd fel dewis arall i'r Pryd o fwyd Poeth y Dydd. Mae'r dewis yn cynnwys: taten trwy'i chroen, baguette newydd ei bobi neu amlen tortilla, ham, twrci, tiwna, caws, ffa pob, letys, tomato, ciwcymbr, cornmelys, salad, pasta, coleslaw, piclau, mandarinaid a phin afal.