

School meals are changing.....**Great Food for everyday life!**

## Denbighshire Catering Services...

# Parents Information Leaflet



### Included in this issue:

- Latest enhanced menu
- Feedback from questionnaires
- Free meal information
- Catering for special diets
- Supporting British Farmers
- Looking for a job?

**Kellogg's**



**Colpo**  
Soft Drinks

**Blakemore**  
Food Service



For more information on school lunches at your school,  
either contact the cook at the school that your child/children attend.  
Or if you prefer you can contact a Catering Manager directly  
Hayley Jones - 01824 712131 or Ian Kemp - 01824 712125

### We asked, you replied, we listened!!!

Thanks to the feedback from the recent market research carried out in all schools, we have been able to make the following improvements in line with your requests: -

- The price of a school meal has been frozen, offering even better value for money
- We will increase the frequency of the information that we provide to Parents/Guardians
- We have introduced Salad Bars in Primary Schools
- This leaflet provides up-to-date, relevant and timely information about the service
- The menu has been enhanced with new items that we know children will still enjoy
- We continue to provide qualified catering staff in all schools
- Investment in the service is making the dining experience better for all

**Thank you for the feedback. Please let us know what else you would like to see.**

### What Are The Benefits Of Having A School Lunch?

- The meal provided includes a selection of freshly cooked main meals that includes a vegetarian option, a choice of a pudding, fresh fruit or yoghurt. A variety of salads and pastas together with fresh water are always available
- Eating a school meal teaches children the social skills that will be so important in later life.
- It has been proven that those children who have a balanced nutritious meal at lunchtime are more receptive during the afternoon lessons
- The school meal aims to provide 35% of all essential nutritional requirements that will assist your child in leading a healthy lifestyle
- Gain from the benefit of someone else preparing and cooking a lunch for your child/children which saves you worrying and having to prepare packed lunches

### Special Diets

We cater for all special dietary requirements should your child require this service. Usually we are notified by the Head Teacher. The procedure is that a meeting is arranged to include the parent, cook, dietitian (if necessary) and a member of the Catering Service management team. An appropriate menu is drawn up to suit the specific needs and requirements of the child.

### Free Meals

Parents or Guardians can claim for free meals if they are in receipt of Income Support, Income Based Job Seekers Allowance or Child Tax Credit with an annual income below £14,495, but are not entitled if they are in receipt of Contribution Based Job Seekers Allowance, Working Tax Credit or Child Tax Credit with an annual income of above £14,495 Enquiries can be made regarding eligibility for free meals to the Directorate of Life Long Learning **01824 712653 or 01824 712654**

### Supporting British Farmers

For many years, our menus have featured British home reared meat, sourced from reputable suppliers.

### Committed To Training

The Catering and Hospitality Dept at Deeside College are proud to be part of Denbighshire Catering Services' commitment to staff development with the provision of NVQ, Hygiene and Nutrition Training which is ongoing.

### Parents/Guardians

Have you thought of working within the School Meals Team, a job that fits in with School Holidays, please phone for a list of vacancies

**01824 706 752**



Please note that in infant and small rural schools a set menu will be provided, that is nutritionally balanced, from the menus below.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prime fillet fish finger served with home-made tomato sauce, oven baked sauté potatoes, peas &amp; sweetcorn</p> <p>or</p> <p>Pasta Italiane with peas &amp; sweetcorn</p> <p>Home-made oaty apple crumble and custard</p>	<p>Mixed Welsh beef and potato layer topped with cheese, served with farmhouse vegetables</p> <p>or</p> <p>Tuna filled jacket potato and selection from the Salad Bar</p> <p>Fruit trifle</p>	<p>Oven baked sausage served with onion gravy, Yorkshire pudding and creamed potatoes, carrots and swede</p> <p>or</p> <p>Home-made cheese &amp; tomato quiche with a selection from the Salad Bar</p> <p>Home-made icee fruit bun</p>	<p>Roast turkey served with stuffing, gravy, broccoli, cauliflower and roast potatoes</p> <p>or</p> <p>Filled sub roll with a selection from the Salad Bar</p> <p>Chocolate cake surprise</p>	<p>Home-made pizza served with chipped potatoes, coleslaw and a selection from the Salad bar</p> <p>Shortbread and pure fruit juice</p>
<p>Bacon and cheddar cheese macaroni served with sweetcorn and broccoli</p> <p>or</p> <p>Home-made soup of the day served with a filled roll</p> <p>Mandarin choc chip muffin</p>	<p>Home-made chicken &amp; vegetable curry with rice</p> <p>or</p> <p>Filled deli wrap and a selection from the Salad bar</p> <p>Sticky toffee fruit pudding and custard</p>	<p>Traditional cottage pie served with farmhouse vegetables and gravy</p> <p>or</p> <p>Vegetable hot pot and a bread roll</p> <p>leed yoghurt with a selection of fresh fruit wedges</p>	<p>Baked gammon served with cheese sauce, cauliflower, carrots and roast potatoes</p> <p>or</p> <p>Jacket potato filled with chilli and a choice from the salad bar</p> <p>Apricot Muesli Bar</p>	<p>Oven Baked fish fillet served with chipped potatoes and mushy peas</p> <p>Chocolate cereal bar and carton of chilled milk</p>
<p>Oven baked sausage with herby potatoes, baked beans or tomato</p> <p>or</p> <p>Filled deli wrap with a selection from the Salad Bar</p> <p>Date slice and custard</p>	<p>Beef Hot pot served with a bread roll</p> <p>or</p> <p>Tuna and sweetcorn filled pitta bread with a selection from the Salad Bar</p> <p>Melon, sultanas &amp; fruit wedges</p>	<p>Home-made fish pie served with peas and sweetcorn</p> <p>or</p> <p>Spanish chicken served with pasta, peas and sweetcorn</p> <p>Apple pudding and custard</p>	<p>Roast Welsh beef served with Yorkshire pudding, roast potatoes, carrots and cabbage</p> <p>or</p> <p>Cheddar cheese and onion jacket potato and a selection from the Salad bar</p> <p>Pears ice cream and hot chocolate sauce</p>	<p>Welsh burger in a Bap, served with chipped potatoes and a selection from the Salad bar</p> <p>Home-made oaty biscuit and a carton of chilled milk</p>
<p>Breadcrumbed salmon nibbles served with oven baked sauté potatoes &amp; baked beans</p> <p>or</p> <p>Cowboy stew</p> <p>Apple and raspberry shortbread with custard</p>	<p>Home-made turkey and vegetable pie, potatoes, farmhouse vegetables and gravy</p> <p>or</p> <p>Jacket potato filled with beans and a selection from the Salad Bar</p> <p>Traditional milk pudding</p>	<p>Pasta bolognese with cheesy garlic bread</p> <p>or</p> <p>Vegetable savoury rice and homemade curry sauce</p> <p>Chilled yoghurt and chopped fruit</p>	<p>Roast pork stuffing and gravy served with shredded cabbage, carrots &amp; roast potatoes</p> <p>or</p> <p>Plated ploughman's lunch and selection from the salad bar</p> <p>Chocolate gateaux topped with fresh grapes and mandarins</p>	<p>Prime chicken fillet served with chipped potatoes and a selection from the Salad bar.</p> <p>Marion's slice and fruit juice</p>

AVAILABLE DAILY AS ALTERNATIVE TO MAIN MEAL: FILLED JACKET POTATOES WITH SIDE SALAD, PLATED SALADS WITH BREAD ROLL & PACKED LUNCH AVAILABLE DAILY AS ALTERNATIVE TO SWEET: YOGHURT, CHEESE AND BISCUITS & FRESH FRUIT

WEEK 1

WEEK 2

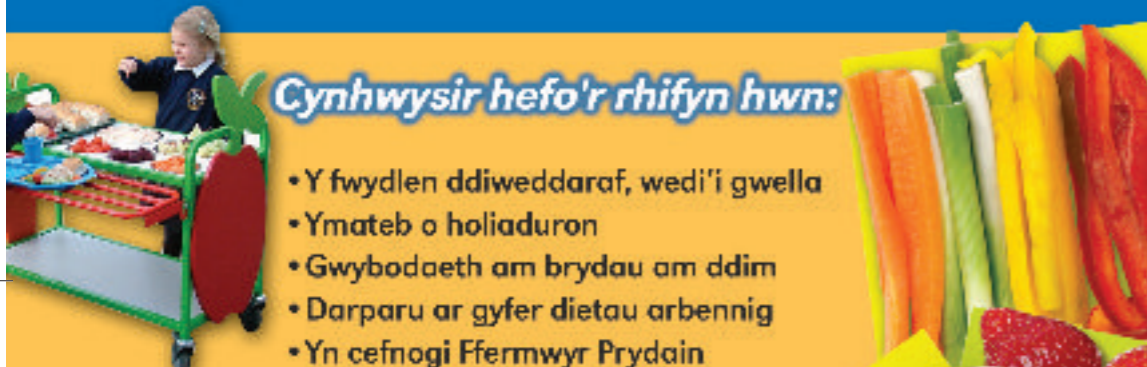
WEEK 3

WEEK 4

Mae Prydau Ysgol yn newid... **Bwyd Campus at fyw-bob-dydd!**

**Gwasanaeth Arlwyo Sir Ddinbych...**

# Taflen Wybodaeth i Rieni



**Cynhwysir hefo'r rhifyn hwn:**

- Y fwydlen ddiweddaraf, wedi'i gwella
- Ymateb o holiaduron
- Gwybodaeth am brydau am ddim
- Darparu ar gyfer dietau arbennig
- Yn cefnogi Ffermwyr Prydain
- Yn chwilio am swydd?

**Kellogg's**



**Colpo Soft Drinks**

**Blakemore Food Service**



I gael mwy o wybodaeth am giniawau ysgol yn eich ysgol chi, naill ai cysylltwch â'r cogydd yn yr ysgol y mae eich plentyn/plant yn ei mynychu, neu, os yw'n well gennych gellwch gysylltu â Rheolwr Arlwyo yn uniongyrchol Hayley Jones - 01824 712131 neu Ian Kemp - 01824 712125

## 'Wnaethom ni ofyn, 'wnaethoch chi ateb, 'wnaethom ni wrando!!!

Diolch i'r ymateb o'r ymchwil farchnata ddiweddar a wnaed ym mhob ysgol, rydym wedi gallu gwneud y welliannau canlynol yn unol â'ch ceisiadau: -

- Mae pris pryd ysgol wedi'i rewi, gan gynnig gwerth yr arian gwell fyth
- Byddwn yn darparu gwybodaeth Rieni/Warcheidwaid yn fwy aml
- Rydym wedi cyflwyno Bar Salad mewn Ysgolion Cynradd
- Mae'r daflen yma'n cynnig yr wybodaeth ddiweddaraf, sy'n berthnasol ac yn amserol, am y gwasanaeth
- Mae'r fwydlen wedi'i gwella gyda phethau newydd y gwddom y bydd plant yn dal i'w mwynhau
- Rydym yn dal i ddarparu staff arlwyo cymwysedig ym mhob ysgol
- Mae buddsoddiad yn y gwasanaeth yn gwneud y profiad ciniawa yn well i bawb

**Diolch ichi am yr ymateb. Rhowch wybod inni beth arall yr hoffech ei weld os gwelwch yn dda.**

## Beth yw manteision cael cinio ysgol?

- Mae'r prydau bwyd a ddarperir yn cynnig dewis o seigiau newydd eu coginio sy'n cynnwys dewis llysieuol, a dewis o bwdinau, ffrwythau ffres neu iogwrt fel ail gwrs. Mae amrywiaeth o saladau a phasta ynghyd a diod - sgwosh neu ddwr - ar gael bob amser
- Gall plant eistedd wrth y bwrdd gyda'i gilydd i fwynhau eu pryd, ac mae hyn yn annog datblygu'r sgiliau bwyta cymdeithasol gyda'n gilydd sydd mor bwysig yn ddiweddarach mewn bywyd
- Mae gwaith ymchwil wedi profi bod y plant hynny sy'n cael pryd bwyd cytbwys a maethlon amser cinio yn ymateb yn well yn ystod gwersi'r prynhawn
- Nod y cinio ysgol yw darparu 35% o'r gofynion maeth hanfodol, a fydd yn cynorthwyo eich plentyn i fabwysiadu ffordd iach o fyw
- Mae rhywun arall yn paratoi ac yn coginio cinio i'r plentyn/plant sy'n eich arbed chi rhag gorfod paratoi a phoeni am becyn cinio.

## Deiet Arbennig

Rydym yn ymdrin a'r hall ofynion deiet arbennig fel bo angen. Fel arfer fe'n hysbysir gan y Pennaeth. Yna trefnir cyfarfod rhwng y rhieni, y cogydd, y dietegydd (os oes angen) ac aelod o dim rheoli'r Gwasanaeth Arlwyo. Llunir bywydlen addas i ddiwallu anghenion a gofynion penodol y plentyn.

## Cinio ysgol am ddim

Gall rhieni neu warcheidwaid hawlio cinio ysgol am ddim i'w plant os ydynt yn derbyn Cymhorthdal Incwm, Lwfans Ceisiwr Gwaith wedi ei seilio ar incwm neu Gredyd Treth Plant a'u hincwm blynyddol yn is na £14,495, ond nid oes ganddynt hawl i hyn os ydynt yn derbyn Lwfans Ceisiwr Gwaith wedi ei seilio ar gyfraniadau, Credyd Treth Gwaith neu Gredyd Treth Teulu a'u hincwm blynyddol dros £14,495. Mae croeso i chi holi am y meini prawf pwy sy'n gymwys i gael cinio ysgol am ddim drwy gysylltu a'r Gyfarwyddiaeth Dysgu Gydol Oes ar **01824 712653 neu 01824 712654.**

## Cefnogi Ffermwyr Prydain

Am nifer o flynyddoedd rydyn ni wedi cynnwys cig a dyfwyd ym Mhrydain ac a ddaeth gan gyflenwyr sydd ag enw da iddyn nhw.

## Ymroddedig i Hyfforddiant

Mae adran Arlwyo a Lluniaeth Coleg Glannau Dyfrdwy yn falch o fod yn rhan o ymroddiad Gwasanaethau Arlwyo Sir Ddinbych i ddatblygiad staff a darperir cysiau NVQ mewn Glanweithdra a Maeth.

## Rhieni / Gwarcheidwaid

Ydych chi wedi ystyried gweithio i'r Gwasanaeth Arlwyo Ysgolion? Mae'n swydd sy'n golygu eich bod yn rhydd yn ystod gwyliau'r ysgol. Mae croeso i chi ffonio am restr o'r swyddi gwag cyfredol ar

**01824 706752**



Sylwch os gwelwch yn dda y bydd bywydlen osod, sy'n gytbwys ei maeth, yn cael ei darparu mewn ysgolion babanod ac ysgolion gwleidiog bychain, o'r bwydleni isod.

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Sleisen o bysgodyn mewn saws tomato, tatws poppy, pys a chorn. neu Pasta Italiane hefo pys a chorn Pwlin ceirch ac afal hefo cwestard	Mins cig eidion Cymru a thatws hefo caws a llysiau o'r ardd neu Taten hefo twrna a dewis o salad Treiffi ffrwythau	Salsig o'r poppy a greff niogyn, pwlin swydd efrag a thatws hufenog, moron a swiejen neu Quiche cartref caws a thomato hefo dewis o salad Byrsen eisin	Twrci rhost a stwffin, greff, brocoli, blodfresych a thatws rhost neu Rholyn llawn a dewis o salad Cacen siocled sypreis	Pizza cartref hefo sglodion, colleslaw a dewis o salad Bisged a chwpan o sudd ffrwyth
Bacw'n a chaws ar facaroni hefo corn a brocoli neu Cawl cartref a rhodyn hefo llenwad Myffin mandarin a choc chip	Cyriâr cartref a llysiau hefo reis neu Deli wrap a dewis o salad	Pastai'r hugail traddodiadol hefo llysiau o'r ardd a greff neu Sitiw llysiau a rhodyn bara iogwrt rheu a ffrwyth fresh	Gamon a saws caws, blodfresych, moron a thatws rhost neu Taten bob hefo chilli a dewis o salad Pwlin brycyl a mwsl	Pysgodyn o'r poppy hefo sglodion a phys mwsh Pwlin siocled a laeth oer
Salsig o'r poppy a thatws blasus, ffa pob neu domato neu Deli wrap hefo dewis o salad Cacen ddaos a chwstard	Sitiw eidion poeth hefo rhodyn bara neu Twrna a chorn mewn bara pitta a dewis o salad Melon, syltanos a ffrwyth	Pastai bysgodyn cartref hefo pys a chorn neu Ciw iâr sberaicid a phasta, pys a chorn Pwlin afal a chwstard	Cig eidion rhost cymreig a phwlin efrag, tatws rhost, moron a bresych neu Taten bob a chaws a niogyn, a dewis o salad Hufen la a gallyg a saws siocled poeth	Byger cig o gymru mewn bap, hefo sglodion a dewis o salad Bisged geirch a charton o laeth oer
Eg mewn binwion hefo tatws poppy a ffa pob, neu Sitiw cowboi. Pwlin afal a mafon coch hefo cwestard	Pastai twrci cartref a llysiau o'r ardd, tatws, llysiau a greff neu Taten bob llawn o ffa pob a dewis o salad Pwlin laeth	Pasta balognatse hefo bara caws a garleg neu Reis a llysiau blasus a saws cyrri cartref iogwrt oer a ffrwyth	Porc rhost a greff hefo bresych sleis, moron a thatws neu Cinio gwlaodr a dewis o salad Cacen marian a sudd ffrwyth	Sleisen o gig iâr a thatws rhost a dewis o salad. Cacen marian a sudd ffrwyth

**1 SONHTAM WYTHNOS**

**2 SONHTAM WYTHNOS**

**3 SONHTAM WYTHNOS**

**4 SONHTAM WYTHNOS**

AR GAEL BOB DYDD: TATEN YN EI CHROEN, SALADAU A RHOLIAU BARA A PHECYN BWYD IOGWRT, CAWS A BISGEDI A FFRWYTH FFRESH