

## FREE SCHOOL MEALS

If you are receiving one of the benefits listed here and your child attends a Merthyr Tydfil school, your child may be entitled to receive Free School Meals.

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 Revenue 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
- Or support under Part VI of the Immigration and Asylum Act 1999

**PLEASE PHONE 01685 725000 OR APPLY ONLINE AT [merthyr.gov.uk](http://merthyr.gov.uk) TO FIND OUT IF YOUR CHILD IS ELIGIBLE.**

**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 set 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. Merthyr Tydfil Catering Service strives to achieve these standards whilst providing tasty and appetising food.

For further information visit:

<http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrinks/healthy-eating>

Contact Deputy Team Leader

Tel: 01685 725134

or email: [myschoollunch@merthyr.gov.uk](mailto:myschoollunch@merthyr.gov.uk)

## PRYDAU YSGOL AM DDIM

Os ydych yn derbyn un o'r budd-daliadau restrir isod a'ch bod eich plentyn yn mynychu ysgol ym Merthyr Tudful, gall eich plentyn fod a hawl i dderbyn Prydau Ysgol am Ddim.

Gwyddom bod llawer o blant yn colli mas ar eu hawl i gael pryd ysgol am ddim, felly gwnewch yn siwr 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 blyneddol yn llai na £16,190
- 'Parhad' Credyd Treth Gwaith – y taliad gall rhywun i dderbyn am bedair wythnos bellach ar ôl iddynt beidio bid yn gymwys am Gredyd Treth Gwaith
- Elfen Warantedig y Credyd Pensiwn Gwladol
- Credyd Cynhwysol
- Neu gefnogaeth dan ran VI Deddf Mewnfudo a Lloches 1999

**FFONIWCH 01685 725000 I GANFOD OS YW'CH PLENTYN YN GYMWYS**

**Mae'r Rheoliadau Bwyta'n Iach mewn Ysgolion 2013 yn rhan o fesur ehangach Bwyta Iach mewn Ysgolion 2009.**

Mae'r Mesur yn rhoi gofyniad cyfreithiol ar awdurdodau lleol a chyrrff llywodraethau 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 a na ellir darparu mewn ysgolion gan awdurdodau lleol a sicrhau fod safonau maeth mewn lle ar gyfer ciniawau ysgol. Mae gwasanaeth Arlywo Merthyr Tudful yn ymdrechu i gyflawni'r safonau hyn wrth ddarparu bwyd blasus.

Mae mwy o wybodaeth ar gael yn:

<http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrinks/healthy-eating>

Cydllynydd Bwyd yn yr Ysgolion

Ffôn: 01685 725134

ebost: [myschoollunch@merthyr.gov.uk](mailto:myschoollunch@merthyr.gov.uk)

## Merthyr Tydfil Comprehensive School's

# Student Menu & Price List



Cyngor Bwrdeistref Sirol  
**MERTHYR TUDFUL**  
**MERTHYR TYDFIL**  
County Borough Council

Merthyr Tydfil  
... a place to be proud of

Merthyr Tudful  
... lle i fod yn falch ohono



## Daily Hot Main Meals

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1- 05/11/18, 26/11/18, 17/12/18, 07/01/19, 28/01/19, 18/02/19, 04/03/19, 25/03/19					
MAIN MEAL	Margarita Pizza with Chips and Baked Beans Or Jacket Potato with Tuna Mayo OR Cheese & Beans with Side Salad	Roast Beef & Giant Yorkshire Pudding with Roast & Mashed Potatoes, Seasonal Vegetables & Gravy Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad	Hunters Chicken with Crispy Diced Potatoes & Seasonal Vegetables or Side Salad Or Corned Beef Pie with Mashed Potatoes, Seasonal Vegetables & Gravy	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas & Sweetcorn & Gravy Or Beef Bolognese with Pasta, Garlic Bread & Side Salad	Chip Shop Style Fish, Chips & Curry Sauce Or Jacket Potato with a Choice of Fillings & Side Salad
DESSERT	Cornflake Tart & Custard	Chocolate Butterscotch Crunch	Luxury Chocolate Brownie	Tutti Fruity Ice Cream Sundae	Fruity Jelly & Cream Swirl

WEEK 2 - 12/11/18, 03/12/18, 14/01/19, 04/02/19, 11/03/19, 01/04/19

MAIN MEAL	Sausages, Chips and Baked Beans Or Sweet Chilli Chicken & Noodles with Side Salad	Chicken Fillets with Sage & Onion Stuffing, Roast & Mashed Potatoes with Seasonal Vegetables & Gravy Or Chef's Special Chicken Curry, Rice & Naan	Beef Lasagne with Garlic Bread & Side Salad Or Chef's Choice Pasta Bake with Garlic Bread & Side Salad	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas, Sweetcorn & Gravy Or Chicken Fillets with Sage & Onion Stuffing in a Bread Roll with Side Salad	Salmon Fishcakes OR Mac n' Cheese Bites with Chips OR Sweet Potato Fries & Baked Beans or Coleslaw Or Jacket Potato with a Choice of Fillings & Side Salad
DESSERT	Chocolate Marble Sponge with Custard	Chef's Choice Ice Cream Sundae	Chef's Choice Shortbread	Fruity Jelly with a Cream Swirl	Fruity Strawberry Crunch

WEEK 3 - 19/11/18, 10/12/18, 21/01/19, 11/02/19, 18/03/19, 08/04/19

MAIN MEAL	Chip Shop Style Chicken Curry, Chips & Rice (Half n' Half) with Naan Or Jumbo Fish Finger or Mac n' Cheese Bites with Chips & Side Salad or Baked Beans	Sausages in a Giant Yorkshire Pudding with Mashed Potatoes, Peas & Sweetcorn & Gravy Or Sweet Chilli Chicken with Noodles & Side Salad	Mini Grill: Sausages & Bacon with Crispy Diced Potatoes, Baked Beans and a Bread Roll Or Sausages with Cheese & Potato Pie and Baked Beans	Chicken Fillets with Sage & Onion Stuffing, Roast & Mashed Potatoes with Seasonal Vegetables & Gravy Or Minced Beef & Onion Pie with Mashed Potatoes, Seasonal Vegetables & Gravy	Chip Shop Style Fish with Chips OR Sweet Potato Fries & Peas OR Baked Beans Or Jacket Potato with Chef's Choice Filling & Side Salad
DESSERT	Cornflake Tart & Custard	Chef's Choice Ice Cream Sundae	Mandarin Cheesecake	Flapjack	Fruity Jelly & Cream Swirl

This menu is available in Welsh. Please contact 01685 725134/myschoollunch@merthyr.gov.uk

## Merthyr Tydfil Comprehensive School's Student Price List



### Mid-Morning Break

Toast (v).....	£0.30
Beans on Toast (v).....	£0.60
Bacon Roll .....	£0.95
Half Bagel (v) .....	£0.30
Crumpet (v).....	£0.30
Half Toasted Teacake (v).....	£0.30
Rasher of Bacon .....	£0.65
Piece of Fruit (v) .....	£0.40

### Deli Bar

Available daily - a selection of freshly prepared:

Sandwiches .....	£1.20
Wraps.....	£1.30
Small Roll or ½Baguette .....	£0.85
Baguettes.....	£1.50
Pasta/Salad Boxes.....	£1.80

### Bakery

Daily selection of freshly baked sweet treats:

Biscuit (one size) (v) .....	£0.40
Welsh Cakes (v) .....	£0.40
Flapjack (v).....	£0.60
Cake / Muffin (v) .....	£0.60
Dessert of the Day (v).....	£0.60

### Hot Snacks

Tasty hot snacks for food on the go:

Hot Carvery Rolls.....	£1.50
Pizza quarter (v) .....	£1.50
Hot Paninis (various fillings) .....	£1.50
Cheeseburger .....	£1.50
Chicken Cheese Burger.....	£1.50
Quorn Dippers in Wrap (v)....	£1.50

### Noodle Pots

Vegetable Noodle Pots (v) .....	£1.50
Chicken Noodle Pots.....	£1.90

### Pasta Pots

Freshly cooked pasta topped with your favourite sauce:

Plain Pasta Pot (v) .....	£1.00
Pasta with Sauce (v).....	£1.65
Pasta with Meat Sauce.....	£1.65
Add Garlic Bread (per slice) (v).....	£0.30

Meal of the Day (No Dessert)  
**£2.20**

Lunch: Meal of the Day 1  
**£2.50**

(a freshly prepared meal served with side orders, vegetables, dessert of the day and a 500ml bottle of Welsh water)

Meal of the Day 2

**£2.50**

(baguette, piece of fruit OR Dessert of the Day and a 500ml bottle of Welsh water)

Meal of the Day 3

**£2.50**

(Pasta Pot, Dessert of the Day and 500ml bottle of Welsh water)

### Jacket Potato

Hot fluffy baked potato topped with a choice of hot and cold fillings plus a side salad garnish:

Plain Jacket Potato (v).....	£1.10
Jacket Potato (2 fillings).....	£2.20

(v) suitable for vegetarians  
It may be necessary to change items without prior notice. Please let us know if you have any special dietary needs. Fresh seasonal vegetables will be provided wherever possible.  
Non students will be charged VAT

### Sides

Condiment Sachet.....	£0.10
Jam Portion (v) .....	£0.10
Grated Cheese Pot (v).....	£0.35
Baked Beans (v) .....	£0.45
Curry Sauce/Gravy (v).....	£0.55
Potato Portion (v) .....	£1.30
Butter Portion (v) .....	£0.15

### Extras

Bread Roll (v) .....	£0.35
Cheese and Crackers (v).....	£0.50
Fruit (whole piece) (v).....	£0.40
Fruit Bag (v).....	£0.70
Fruit Pot (v) .....	£0.65
Jelly Pouch (v).....	£0.60
Ice Lollies .....	£0.30

### Drinks

Available all day:

Radnor Fizz 330ml.....	£0.60
Radnor Fruella Pure 125ml.....	£0.30
Radnor Fruits 125ml .....	£0.30
Radnor Hydrate 250ml.....	£0.50
Radnor Fruits Tetra 200ml.....	£0.50
Radnor Welsh Water 500ml..	£0.40
Viva Milkshake 200ml.....	£0.55
Pint of Milk .....	£0.60
Tea.....	£1.00
Coffee .....	£1.00
Hot Chocolate .....	£1.00

### Did you Know?

We are committed to making all our food healthier and more nutritious - our menu's are carefully put together by a qualified Public Health Nutritionist. We do not fry any of our food. We do not use any meat products containing MRM. We only use approved suppliers. We endeavour to provide a high quality, low cost service and listen to our customers opinions, suggestions and feedback.

For more information, please contact the School Catering Department at: myschoollunch@merthyr.gov.uk or call on 01685 725134



Mae'r bwydlen hon ar gael yn Gymraeg Cysylltwch 01685 725134/myschoollunch@merthyr.gov.uk os gwelwch yn dda