

## FREE SCHOOL MEALS

If you live in Merthyr Tydfil and receive any of the following, you can claim free school meals for your school-aged child:

- Income Support
- Income Based Jobseeker's Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Income-related Employment and Support Allowance
- Child Tax Credit (but not Working Tax Credit) and your annual income does not exceed £16,190 (as assessed by tax credits)
- Guarantee element of Pension Credit
- Working Tax Credit 'run-on' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit
- **Universal Credit (not in work)**
- **Universal Credit (in work) where your award is based on annual earnings from your employment or self-employment and have been determined as less than £7,400.**

Young people who receive Income Support or Income Based Job Seekers Allowance in their own right are also entitled to receive free school meals.

You can learn more about free school meals on the [Welsh Assembly website](#).

### Changes from 1st April 2019

Any pupil eligible for free school meals at the **point an earned income threshold is introduced (1st April 2019) will have their eligibility protected. This will apply to all applicants until the end of the rollout of Universal Credit** (currently scheduled for December 2023), regardless of whether their circumstances change.

Any pupil who becomes **eligible under the amended criteria** during the rollout of Universal Credit (from 1st April 2019 to December 2023) will also **retain their eligibility** until the end of Universal Credit rollout, regardless of whether their circumstances change.

Once the rollout of Universal Credit has completed, **any transitionally protected child will continue to be transitionally protected until the end of their current phase of education**, e.g. primary / secondary.

**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 School Catering Manager

Tel: 01685 725134

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

## PRYDAU YSGOL AM DDIM

Os ydych yn byw ym Merthyr Tudful ac yn cael unrhyw un o'r canlynol, gallwch hawlio prydau ysgol am ddim ar gyfer eich plentyn oed Ysgol:

- Cymhorthdal Incwm
- Lwfans Ceiswyr Gwaith yn Seiliedig ar Incwm
- Lwfans Cyflogaeth a Chymorth yn Seiliedig ar Incwm
- Cymorth dan Rhan VI o Ddeddf Mewnffudo a Lloches 1999
- Elfen warantiedig o Gredyd Pensiwn y Wladwriaeth
- Credyd Treth Plant – ble mae'r cyfanswm incwm blyneddol yn llai na £16,190 (fel y'u haseswyd gan greddyddau treth)
- Credyd Treth Gwaith yn ystyod y cyfnod o bedair wythnos yn syth wedi gorffen cyflogaeth
- **Credyd Cynhwysol (ddim yn gweithio)**
- **Credyd Cynhwysol (yn gweithio) ble y caiff eich dyfarniad ei seilio ar enillion blyneddol eich cyflogaeth neu hunangyflogaeth ac wedi ei bennu i fod yn llai na £7,400.**

Mae disgyblion sy'n derbyn cymhorthdal incwm neu lwfans ceiswyr gwaith yn seiliedig ar incwm yn eu rhinwedd eu hunain hefyd yn gymwys i dderbyn prydau ysgol am ddim.

Gallwch ddsygu rhagor am brydau ysgol am ddim ar [wefan Cynulliad Cymru](#).

### Newidiadau o 1 Ebrill 2019

Bydd unrhyw ddisgybl sy'n gymwys i brydau ysgol am ddim ar yr **adeg y caiff trothwy incwm a enillyd ei gyflwyno** (1 Ebrill 2019) yn cael ei gymhwysedd wedi ei ddiogelu. Bydd hyn yn berthnasol i'r holl ymgeiswyr tan ddiwedd lledaenu **Credyd Cynhwysol** (sydd wedi ei amserlennu ar hyn o bryd yn Rhagfyr 2023), boed eu hamgylchiadau'n newid ai peidio.

Bydd unrhyw ddisgybl sy'n dyfod yn **gymwys o dan y meini prawf a ddiwygiwyd** yn ystod y cyfnod lledaenu **Credyd Cynhwysol** (o 1 Ebrill 2019 tan Ragfyr 2023) hefyd yn **cadw ei gymhwysedd** nes diwedd lledaenu **Credyd Cynhwysol**, boed eu hamgylchiadau'n newid ai peidio.

Ar ôl i ledaenu **Credyd Cynhwysol** gael ei gwblhau, **bydd unrhyw blentyn gaiff ei ddiogelu o ran trosglwyddo tan ddiwedd cyfnod cyfredol ei addysg** e.e. cynradd / uwchradd.

**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 disoddi 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>

Rheolwr Arlywo'r Ysgolion

Ffôn: 01685 725134

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

# Bwydlen Yr Ysgol

## School Menu



Haf/Y Hydref 2019

Summer/Autumn 2019



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

Merthyr Tydfil  
... a place to be proud of

Merthyr Tudful  
... lle i fod yn falch ohono

## Summer/Autumn 2019 Menu 2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 29/04/19, 20/05/19, 03/06/19, 24/06/19, 15/07/19, 02/09/19, 23/09/19, 14/10/19					
MAIN MEAL	Pork Meatballs with Italian Tomato Sauce, Wallace & Gromit Pasta, Garlic Bread and Side Salad  Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Square Fish Fillet in a Bun with Tomato Ketchup, Crispy Diced Potatoes with Coleslaw OR Side Salad  Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Roast Turkey with Sage & Onion Stuffing with Mashed/Boiled/Roast Potatoes, Seasonal Vegetables & Gravy  Jacket Potato / Baguette / Wrap with Ham & Side Salad	(Not So) Chilli Con Carne, Rice & Tortilla Chips with Side Salad  Jacket Potato / Baguette / Wrap with Turkey & Side Salad	*Sausages, Chips & Baked Beans  Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Chef's Choice Shortbread Biscuit	Vanilla Ripple Ice Cream Sundae	Fruity Jelly with Cream Swirl	Fresh Fruit or Fruit Yoghurt	Chocolate Marble Sponge with Custard

WEEK 2 - 06/05/19, 10/06/19, 01/07/19, 09/09/19, 30/09/19, 21/10/19

MAIN MEAL	Chip Shop Chicken Curry with Rice, Sweetcorn and Peas  Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Chip Shop Style Fish OR Salmon Fishcake with Mashed Potatoes & Baked Beans  Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Sausages with Yorkshire Pudding, Sage & Onion Stuffing, Mashed/Boiled Potatoes with Seasonal Vegetables & Gravy  Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Beef Bolognese with Wallace & Gromit Pasta, Garlic Bread & Side Salad  Jacket Potato / Baguette / Wrap with Ham & Side Salad	Tomato Stuffed Crust Margarita Pizza, Chips with Sweetcorn/ Corn on the Cob, Tomato Ketchup Or BBQ Sauce  Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Pineapple Upside Down Sponge with Custard	Chef's Choice Shortbread Biscuit	Strawberry / Butterscotch Whirl	Vanilla Ripple Ice Cream Sundae	Fruity Jelly & Cream Swirl

WEEK 3 - 13/04/19, 17/06/19, 08/07/19, 16/09/19, 07/10/19

MAIN MEAL	Quorn Dippers with Crispy Diced Potatoes & Baked Beans  Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad	Chicken Breast in Italian Tomato Sauce with Wallace & Gromit Pasta, Garlic Bread & Side Salad  Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Mashed / Boiled Potatoes, Seasonal Vegetables & Gravy  Jacket Potato / Baguette / Wrap with Ham & Side Salad	Mini Grill: Sausage & Bacon, Potato Waffles & Baked Beans  Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Fish Fingers OR Salmon Fishcake, Chips & Peas with Tomato Ketchup/ BBQ Sauce  Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad
DESSERT	Waffles & Dessert Sauce	Cheese & Crackers	Jelly & Cream Swirl	Tutti Fruity Ice Cream Sundae	Eve's Pudding & Custard

\*RC Schools will serve Quorn or Vegetarian Sausages

Available daily. Extra bread upon request, plus a choice of fresh fruit or fruit 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 01685 725134

or email myschoollunch@merthyr.gov.uk.

## Haf/Y Hydref 2019 Dau Gwrs am Ddim Ond £2.30

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1 - 29/04/19, 20/05/19, 03/06/19, 24/06/19, 15/07/19, 02/09/19, 23/09/19, 14/10/19					
PRIF BRYDAU	Peli Cig Porc â saws tomato Eidalaid, pasta Wallace & Gromit, bara garleg a salad bach Taten trwy'i chroen/ Baguette / Wrap Caws a Salad Bach	Ffiled o bysgodyn sgwâr mewn bara â saws tomato, tatws bach crengsiog a choleslaw NEU salad bach Taten trwy'i chroen/ Baguette / Wrap Twrci a salad bach	Twrci rhost, stwffin saets a winwns a thatws wedi eu potsio/berwi/ rhostio a grefi Taten trwy ei chroen/ Baguette / Wrap Ham a salad bach	Chilli Con Carne (heb fod yn rhy boeth,) Reis a Chreision Tortilla a Salad Bach Taten trwy'i chroen/ Baguette / Wrap Chaws a Salad Bach	*Selsig, Sgldion a Ffa Pob Taten trwy'i chroen/ Baguette / Wrap Tiwna a Mayo a Salad Bach
AC I BWDIN	Bisged shortbread o ddewis y cogydd	Sundae hufen iâ fanila wedi chwyrlio	Jeli ffrwythau a hufen wedi chwyrlio	Ffrwythau Ffres neu Iogwrt Ffrwythau	Sbwng Farmor Siocled a Chwstard

WYTHNOS 2 - 06/05/19, 10/06/19, 01/07/19, 09/09/19, 30/09/19, 21/10/19

PRIF BRYDAU	Cyrri Cyw Iâr Siop Sgldion a Reis, India-Corn a Phys  Taten trwy'i chroen/ Baguette / Wrap Caws a Salad Bach	Pysgodyn Siop Sgldion NEU Gacen Bysgod Eog a Thatws wedi eu Potsio a ffa pob Taten trwy'i chroen/ Baguette / Wrap Caws a salad bach	Selsig a Phwdin Efrog, Stwffin Winwns a Saets, Tatws wedi'i stwnsh/berwi/ rhostio a llyisiau tymhorol a grefi Taten trwy'i chroen/ Baguette / Wrap Twrci a salad bach	Bolognese Cig Eidion a Phasta Wallace & Gromit, Bara Garleg a Salad Bach Taten trwy ei chroen/ Baguette / Wrap Ham a Salad Bach	Pizza Margarita â chrwst blas tomato, sglodion, india-corn / india-corn cyfan, saws tomato neu saws BBQ Taten trwy'i chroen/ Baguette / Wrap Tiwna a Mayo a Salad Bach
AC I BWDIN	Cacen Sbwng Pinafal Pen i Waered efo Cwstard	Bisged shortbread o ddewis y cogydd	Troell Fefus / Menyn Caramel	Sundae hufen iâ fanila wedi crychi	Jeli ffrwythau a swirl hufen

WYTHNOS 3 - 13/04/19, 17/06/19, 08/07/19, 16/09/19, 07/10/19

PRIF BRYDAU	Diperi Quorn a thatws bach crengsiog a ffa pob  Taten trwy'i chroen/ Baguette / Wrap Tiwna a Mayo a Salad Bach	Brest Cyw Iâr mewn Saws Tomato Eidalaid a Phasta Wallace & Gromit, Bara Garleg a Salad Bach Taten trwy'i chroen/ Baguette / Wrap Caws a salad bach	Cig Eidion wedi rhostio â Phwdin Efrog, Stwffin Winwns a Saets, tatws wedi'i stwnsh/berwi/ rhostio a llyisiau tymhorol a grefi Taten trwy'i chroen/ Baguette / Wrap Ham a Salad Bach	Gril bach: Selsig a Bacwn, Wafflau Tatws a Ffa Pob  Taten trwy ei chroen/ Baguette / Wrap â Thwrci a salad bach	Bysedd Pysgod NEU Gacen Eog, Sgldion a Phys â Saws Coch/Saws BBQ Taten trwy'i chroen/ Baguette / Wrap diperi Quorn a Salad Bach
AC I BWDIN	Wafflau a Saws Pwdin	Caws a Chraceri	Jeli a hufen wedi chwyrlio	Sundae hufen iâ Tutti Fruity	Pwdin Eve a Chwstard

\*Ysgolion Catholig i weini Quorn neu Selsig Llysieuol

Ar gael bob dydd. Gellir gofyn am fwy o fara ychwanegol, a ddewis o ffrwyth ffres neu iogwrt fel pwdin arall. Gall fod angen newid eitem heb eu hysbysedu'n flaenorol.

Rydyn ni'n arlwyo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol, Cysylltwch 01685 725134 os gwelwch yn dda.