

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

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 greddyau 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 lledaenu **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>

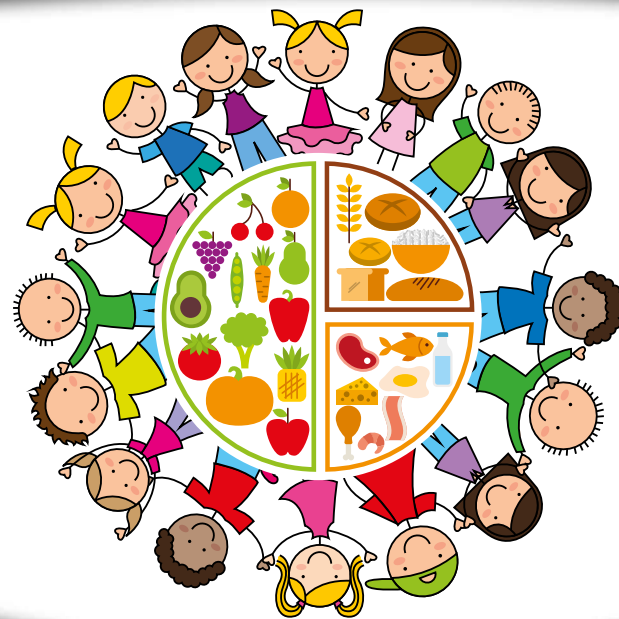
Rheolwr Arlywo'r Ysgolion

Ffôn: 01685 725134

ebost: myschoollunch@merthyr.gov.uk

Bwydlen Yr Ysgol

School Menu



Hydref/Gwanwyn 2019-20

Autumn/Spring 2019-20



Cyngor Bwrdeistref Sirol
MERTHYR TYDFUL
MERTHYR TYDFIL
County Borough Council

Merthyr Tydfil
... a place to be proud of

Merthyr Tudful
... lle i fod yn falch ohono

Autumn/Spring 2019-20 Menu 2 Courses for just £2.30

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - 04/11/19, 25/11/19, 16/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20					
MAIN MEAL	Fish Fingers, Crispy Diced Potatoes & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Pork Meatballs in an Italian Tomato Sauce with Pasta Spirals, Garlic Bread and a Side Salad Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Roast Beef with Yorkshire Pudding, Sage & Onion Stuffing, Mashed / Boiled Potatoes, Steamed Vegetables & Gravy Jacket Potato / Baguette / Wrap with Ham & Side Salad	Chicken Tikka Masala, Rice with Peas & Sweetcorn & Naan Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Sausages, Chips & Baked Beans Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Sticky Toffee Pudding & Custard	Shortbread Biscuit	Jelly with Cream Swirl	Fresh Fruit OR Fruit Yoghurt	Vanilla Ripple Ice-Cream Sundae
WEEK 2 - 11/11/19, 02/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20					
MAIN MEAL	Stuffed Crust Margarita Pizza, Crispy Diced Potatoes & Coleslaw OR Side Salad Jacket Potato / Baguette / Wrap with Quorn Dippers & Side Salad	Beef Bolognese with Pasta Spirals, Garlic Bread & Side Salad Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Chicken Breast, Sage & Onion Stuffing, Mashed/Boiled Potatoes, Steamed Vegetables & Gravy Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Chip Shop Style Fish, Mashed Potatoes & Baked Beans Jacket Potato / Baguette / Wrap with Ham & Side Salad	Hot Dog with Tomato Ketchup, Chips & Corn on the Cob OR Sweetcorn Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad
DESSERT	Chocolate Sponge & Custard	Gingerbread Biscuit	Cheese & Crackers	Tutti Fruity Ripple Ice Cream Sundae	Fruity Jelly & Cream Swirl
WEEK 3 - 18/11/19, 09/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20					
MAIN MEAL	Fish Fingers with Potato Waffles & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad	Chicken Pasta Bake, Garlic Bread with Broccoli & Carrots Jacket Potato / Baguette / Wrap with Tuna Mayo & Side Salad	BBQ Chicken Breast, Crispy Diced Potatoes & Peas & Sweetcorn Jacket Potato / Baguette / Wrap with Turkey & Side Salad	Corned Beef Pie with Boiled Potatoes, Steamed Vegetables & Gravy Jacket Potato / Baguette / Wrap with Ham & Side Salad	Quorn Dippers, Chips & Baked Beans Jacket Potato / Baguette / Wrap with Cheese & Side Salad
DESSERT	Jam & Coconut Sponge & Custard	Fruity Jelly & Cream Swirl	(Jammy) Rice Pudding	Fresh Fruit OR Fruit Yoghurt	Vanilla Ripple Ice-Cream Sundae

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.

Hydref/Gwanwyn 2019-20 Dau Gwrs am Ddim Ond £2.30

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1 - 04/11/19, 25/11/19, 16/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20					
PRIF BRYDAU	Bysedd Pysgod, Ciwbiau o Datws a Ffa Pôb Taten bôb / Baguette / Wrap â Chaws a Salad	Peli Cig Porc mewn Saws Tomato Eidalaidd â Phasta Cyrliog, Bara Garleg a Salad Taten bôb / Baguette / Wrap â darnau o Quorn a Salad	Cig Eidion a Phwddin Caer Efrog, Stwffin Saets a Winwns, Tatws wedi eu potsio / berwi, Llysiau wedi'u stemio a Grefi Taten bôb / Baguette / Wrap Ham a Salad	Tikka Masala Cyw Iâr, Reis â Phys ac India Corn a Bara Nân Taten bôb / Baguette / Wrap Twrci a Salad	Selsig, Sglodion a Ffa Pôb Taten bôb / Baguette / Wrap Tiwna a Mayo a Salad
AC I BWDIN	Pwdin Taffi Gludog a Chwstard	Teisen Frau	Jeli a Swyrl Hufen	Ffrwythau Ffres NEU Iogwrt Ffrwythau	Hufen iâ fanila a mafon
WYTHNOS 2 - 11/11/19, 02/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20					
PRIF BRYDAU	Pizza Margarita â'r crwst wedi ei stwffio, Ciwbiau o Datws a Cholslô NEU Salad Taten bôb / Baguette / Wrap â darnau o Quorn a Salad	Bolognese Cig Eidion a Phasta Cyrliog, Bara Garleg a Salad Taten bôb / Baguette / Wrap Caws a Salad	Brest Cyw Iâr, Stwffin Saets a Winwns, Tatws wedi'u potsio/berwi, Llysiau wedi'u stemio a Grefi Taten bôb / Baguette / Wrap Twrci a Salad	Pysgodyn Siop Sgod a Sglods, Tatws wedi'u potsio a Ffa Pôb Taten bôb / Baguette / Wrap Ham a Salad	Ci Poeth a Saws Coch, Sglodion ac India Corn Cyfan neu India Corn Taten bôb / Baguette / Wrap Tiwna a Mayo a Salad
AC I BWDIN	Spwng Siocled a Chwstard	Bisged Sinsir	Caws a Chraceri	Hufen iâ Tutti Fruity	Jeli Ffrwythau a Swyrl Hufen
WYTHNOS 3 - 18/11/19, 09/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20					
PRIF BRYDAU	Bysedd Pysgod a Waffls tatws a Ffa Pôb Taten bôb / Baguette / Wrap â Chaws a Salad	Pasta Cyw Iâr wedi ei bobi, Bara Garleg a Brocoli a Moron Taten bôb / Baguette / Wrap Tiwna a Mayo a Salad	Brest Cyw Iâr BBQ, Ciwbiau o Datws, Pys ac India Corn Taten bôb / Baguette / Wrap Twrci a Salad	Pastai Corn-Biff a Thaws wedi'u berwi, Llysiau wedi'u stemio a Grefi Taten bôb / Baguette / Wrap Ham a Salad	Darnau o Quorn, Sglodion a Ffa Pôb Taten bôb / Baguette / Wrap â Chaws a Salad
AC I BWDIN	Spwng Jam a Chnau Coco a Chwstard	Jeli Ffrwythau a Swyrl Hufen	Pwdin Reis (llawn jam)	Ffrwythau Ffres NEU Iogwrt Ffrwythau	Hufen iâ fanila a mafon

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.