Rydym eisiau i blant **fwyta'n dda** yn yr ysgol

Cost y pryd Babanod a phlant Iau £2.75 o 12/04/2021.
A fyddech cystal â thalu arian i mewn i'ch cyfrif Parent Pay bob ddydd Llun ar gyfer yr wythnos i ddod.

A oes gennych hawl i ginio ysgol am ddim?

ALLWCH CHI ARBED £500 Y FLWYDDYN AR GYFER BOB PLENTYN

Ar gyfer bob disgybl sy'n derbyn Prydau Ysgol am Ddim, mae Cyngor Bwrdeistref Sirol Conwy yn derbyn cyllid gan Lywodraeth Cymru sy'n galluogi'r Ysgol i ddarparu cefnogaeth ychwanegol i'r plant hynny. Felly os oes gennych hawl, ymgeisiwch nawr.

Os ydych yn derbyn Credyd Cynhwysol neu budd-dal arall a dymunech wneud cais, argraffwch a chwblhewch y Ffurflen Gais Prydau Ysgol am Ddim arwww.conwy.gov.uk/freeschoolmeals a'i anfon at –
Gwasanaethau Asesu Refeniw a Budd-Daliadau, Blwch Post 1, Conwy, LL30 9GN.

Ydych chi angen cymorth i wybod mwy am hawlio'r budd-daliadau y mae gennych hawl iddynt?

Ffoniwch Hawliau Lles 01492 576605.
Dydd Llun – Dydd Iau 9am tan 5pm a dydd Gwener 9am tan 4.45pm
Mae cymorth ar gael os byddwch yn dechrau gweithio, os oes newid yn eich amgylchiadau personol, ac i sicrhau nad ydych yn colli consesiynau a gostyngiadau er enghraifft Cynllun Cymorth Dŵr; Gostyngiad Cartref Cynnes; Talebau Cychwyn Iach.

Gwybodaeth am Alergenau
Mae gwybodaeth ar gael yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

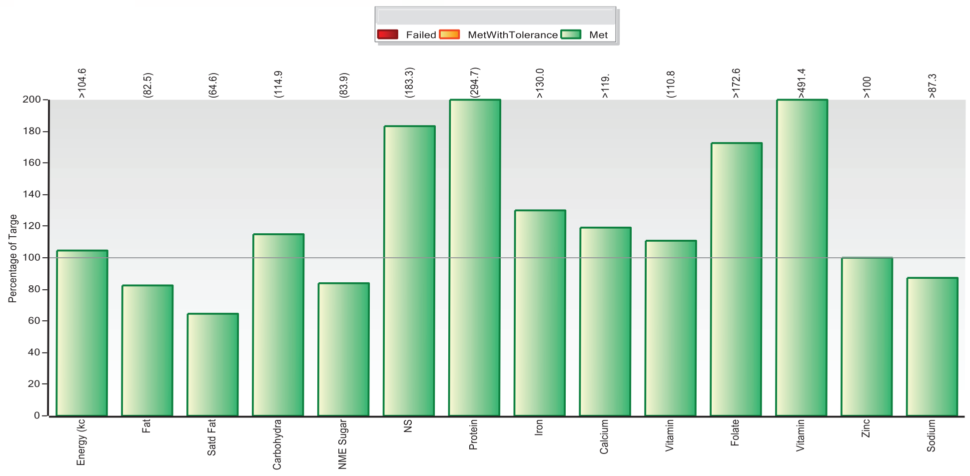
Dyma'r 14 Alergen:-

1. Grawnfwydydd sy'n cynnwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Cnau Mwnci
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr Deuocsid.
13. Lwpin
14. Molysgiaid

Neges i chi.

Rhannwch eich "Stori Cinio Ysgol" trwy anfon e-bost at arlwyaeth@conwy.gov.uk neu trwy wefan Cyngor Conwy www.conwy.gov.uk chwiliwch am "Bwyd mewn Ysgolion".

Mae'r graff hwn yn dangos y bwyd a'r maeth a ddarperir yn y fwydlen ysgol gynradd tair wythnos a'r llinell sy'n dangos safon Llywodraeth Cymru ar gyfer bwyd a maeth.



We want children to **eat well** in school

The meal cost is £2.75 for infants and for juniors from 12/04/2021
Top up your Parent Pay account every Monday for the meals to be taken in the week.

Are you entitled to free school meals?

YOU COULD SAVE £500 PER YEAR FOR EACH CHILD

For every pupil that is in receipt of a Free School Meal Conwy County Borough Council receive funding from the Welsh Government which enables the School to provide additional support to those children. So if you have an entitlement please apply.

If you are receipt of Universal Credit or another benefit and you wish to apply please print and complete the Free School Meal Application at

www.conwy.gov.uk/freeschoolmeals and send to –
Revenue and Benefits Assessment Services, PO Box 1, Conwy, LL30 9GN

Do you need help to find out about benefits you may be entitled to?

Contact Welfare Rights 01492 576605.
Mon-Thur 9am to 5pm and Fri 9am to 4.45pm
There is help here if you start work, if there is a change in our personal circumstances and to make sure you are not missing out on concessions and discounts such as Water Assist; Warm Home Discount: Healthy Start Vouchers.

Allergen Information
Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

These are the 14 allergens:-

1. Cereals containing Gluten
2. Crustaceans
3. Eggs,
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs

Message for you.

Share your "School lunch Story" by email to catering@conwy.gov.uk or on the Conwy Council website www.conwy.gov.uk search for "Food in School".

This graph shows the food and nutrients provided in the three week Primary school menu and the line that is the Welsh Government standard for the food and nutrients.