

# SCHOOL LUNCHES

Serving you great

## school lunches every day!

Enjoy great value freshly prepared food this Autumn and Winter

### Welcome...

to the latest newsletter from Denbighshire Catering Services, the local authority school meal provider. As a local authority service you can be assured that your child's wellbeing is our top priority.

As the winter draws near you may be rethinking the lunchtime option for your child, choosing a hot meal at lunchtime should never be underestimated. You can be assured that all our menus meet the nutritional guidelines but more importantly they contain dishes that children actually want to eat. A school meal now provides your child with one third of the recommended daily amounts of many important nutrients.

Please take the time to look through the leaflet, you will find the full three week menu details inside.

### Investing in people

At Denbighshire we are proud to say that all of our cooks and supervisors are fully trained in both catering and nutrition. All staff can attend many in house courses on nutrition, catering skills and customer service.

We work in partnership with Deeside College and Elygra Marketing Services to provide specialist training in catering skills and marketing.

### Five reasons to choose a hot meal for your child this winter

1. A school lunch can provide up to three of the five daily recommended portions of fruit and vegetables each day.
2. We source fresh locally produced food wherever possible.
3. Your child can choose from a meat dish, a vegetarian choice or a sandwich/salad bar choice.
4. All our kitchens are checked by Environmental Health Office personnel and food is served at the correct temperature.
5. Eating with friends can teach your child important social skills.

And don't forget our caring staff can help introduce your child to new flavours and tastes.....

### Making school lunches both fun and educational

Look out for the many themed promotions that will be staged at your child's school throughout the year. Promotions include Bonfire and Christmas, plus other curriculum themed menus. Full details of the events will be displayed at your school and details may feature in newsletters.

### Contact us

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  
Ilan Kemp - 01824 712125

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

week 1	monday	tuesday	wednesday	thursday	friday
<b>main meal</b>	Oven Baked Sausage	Homemade Beef Bolognaise	Homemade Chicken and Vegetable Hot Pot	Roast Gammon and Gravy	Fish Grill (Salmon and Sweet Potato)
<b>choice</b>	Cheese or Egg Filled Deli Wrap	Tomato, Broccoli and Basil Pasta Bake	Tuna or Baked Bean Filled Jacket Potato	Assorted Plated Salads	
<b>carbohydrate</b>	Oven Baked Jacket Wedges	Pasta Twists	Homemade Crusty Bread Roll	Oven Baked Roast Potatoes	Chipped Potatoes
<b>vegetables</b>	Baked Beans	Golden Sweetcorn	Farmhouse Vegetables	Carrot, Swede and Broccoli	Garden Peas
<b>salad trolley</b>	Salad Trolley	Salad Trolley	Salad Trolley		Freshly Chopped Salad, Pasta and Chickpeas
<b>sweet</b>	Fresh Fruit Salad	Eves Pudding and Vanilla Sauce	Fresh Summer Fruit Pudding & Ice Cream	Chopped Bananas and Creamy Custard	Zesty Orange Muffin and Chilled Fruit Juice

week 2	monday	tuesday	wednesday	thursday	friday
<b>main meal</b>	Prime Beef Burger in a Bun	Fillet of Fish and Parsley Sauce	Homemade Cottage Pie with a Sweet Potato Topping and Gravy	Roast Turkey Herb & Onion Stuffing Gravy	Hot Chicken and Salad Deli Wrap
<b>choice</b>	Cheese or Egg Filled Deli Wrap	Homemade Vegetable and Pasta Soup with Filled Roll, Egg or Cheese	Cheese or Bean Filled Jacket Potato	Ploughmans Salad	
<b>carbohydrate</b>	Oven Baked Diced Potato	Creamed Potatoes		Oven Baked Roast Potatoes	Chipped Potatoes
<b>vegetables</b>	Baked Beans	Garden Peas and Golden Sweetcorn	Broccoli	Fresh Carrots and Cauliflower	Fresh Cucumber, Carrot Sticks, Mixed Bean Salad & Mint Dip
<b>salad trolley</b>	Salad Trolley	Salad Trolley	Salad Trolley		
<b>sweet</b>	Creamy Milky Pudding and Pears	Sticky Toffee Pudding and Creamy Custard	Oaty Biscuit	Iced Strawberry Smoothie & Fresh Fruit Wedges	Krispie Cake and Chilled Fruit Juice

week 3	monday	tuesday	wednesday	thursday	friday
<b>main meal</b>	Homemade Tuna or Ham Broccoli Pasta Bake	Homemade Fruity Chicken Curry	Homemade Beef Casserole	Roasted Pork Herb Stuffing & Gravy	Freshly Made Pizza
<b>choice</b>	Scooped Jacket Potato	Cheese or Tuna Filled Deli Wrap	Ham or Egg Filled Bap	Assorted Salads	
<b>carbohydrate</b>	Oven Baked Diced Potatoes & Garlic Bread	Boiled Rice and Naan Bread	Creamed Potatoes	Oven Roasted Potatoes	Chipped Potatoes
<b>vegetables</b>	Golden Sweetcorn	Broccoli	Farmhouse Vegetables	Fresh Carrots and Green Beans	
<b>salad trolley</b>	Salad Trolley	Salad Trolley	Salad Trolley		Crunchy Coleslaw and Fresh Chopped Salad
<b>sweet</b>	Creamy Yoghurt and Chopped Fruit	Chocolate Swiss Roll with Mandarin and Cream Filling	Oaty Fruit Crumble and Creamy Custard	Peaches and Ice Cream	Fruit Muesli Bar and Chilled Fruit Juice

Available Daily - Yoghurt or Fresh Fruit

## take a fresh LOOK!



We believe that school meals in Denbighshire are the best around, so we just want to remind you **why!**

### SCHOOL MEALS...

- Prepared by professionally trained staff
- Freshly cooked every day
- Staff will help your child try new foods
- Meals are nutritionally balanced to help your child develop
- New menus regularly introduced each term
- A nutritional hot lunch will help improve concentration levels throughout the afternoon lesson
- Menus are seasonal, with warming dishes in the winter months and lighter meals during the warmer weather

ALL THIS FOR ONLY £1.90 PER DAY

### School meals offer pupils variety

A recent School Food Trust survey into school meals found that four out of five children who ate school lunches, had tried food at school that they hadn't tried at home.

According to the survey, school meals can help parents encourage their children to try new foods and increase the variety of foods in their diet.



school meal £1.90

price watch

homemade packed lunch

#### Monday

Oven baked sausage, oven baked jacket, baked beans  
Fresh fruit salad

#### Tuesday

Tomato, Broccoli and Basil pasta bake, golden sweetcorn  
Eves pudding and vanilla sauce

#### Wednesday

Homemade chicken and vegetable hotpot, homemade crusty bread roll, farmhouse vegetables

#### Thursday

Roast gammon and gravy, oven baked roast potatoes, carrot, swede and broccoli  
Chopped bananas and creamy custard

#### Friday

Fish grill (salmon and sweet potato), chipped potatoes, garden peas  
Zesty orange muffin and chilled fruit juice

TOTAL £9.50

Save over £1.00 a day by choosing a school lunch.

Peace of mind that your child will receive a healthy home cooked two course lunch that contains the correct balance of nutrients.

#### Monday

Ham Sandwich, salad, apple, cereal bar & carton of orange juice

#### Tuesday

Cheese sandwich, mini cheese, yoghurt & carton of blackcurrant juice

#### Wednesday

Tuna sandwich, cereal bar, grapes & bottle of water

#### Thursday

Cheese sandwich, cereal bar, an orange & carton of orange juice

#### Friday

Ham sandwich, yoghurt, raisins & carton of blackcurrant juice

TOTAL £14.95



# Cinio Ysgol

## cinio da bob dydd!

Gwerth y pres bob tamaid  
**Bwyd ffres**  
yn yr Hydref a thrwy'r Gaeaf

**Croeso...**

i gylchlythyr diweddara Gwasanaeth Arlwyo Sir Ddinbych. Fel gwasanaeth Awdurdod Lleol gallwn eich sicrhau bod lles eich plentyn yn uchel ar ein rhestr blaenoriaethau.

Wrth i'r Gaeaf ddynesu, byddai'n dda ailystyried beth yw'r dewis gorau i'ch plentyn amser cinio. Mae cael bwyd poeth amser cinio yn beth pwysig iawn. Mae pob bwydlen sydd gennym yn cyfarfod y safonau maeth cywir. Ond yn fwy pwysig cynigir y prydau mae plant yn rhoi un rhan o dair o faeth pwysig dyddiol i'ch plentyn.

Darllenwch y daflen sy'n dangos bwydlen tair wythnos.

### Buddsoddi mewn Pobl

Yn Sir Ddinbych rydym yn falch o ddweud bod pob cogydd ysgol a goruchwyliwr amser cinio wedi'i hyfforddi'n llawn o ran arlwyo a maeth. Bydd ein holl staff yn mynychu hyfforddiant ar faeth, sgiliau arlwyo a gofal o'r cwsmer. Rydym yn gweithio mewn partneriaeth hefo Coleg Glannau Dyfrdwy a gwasanaeth marchnata Elygra i roi hyfforddiant arbenigol mewn sgiliau arlwyo a marchnata.



### Pum rheswm i ddewis pryd poeth i'ch plentyn y gaeaf hwn

1. Gall cinio ysgol ddarparu hyd at dri allan o bump o'r firwyth a llysiau yr argymhellir eu bwyta bob dydd.
2. Rydym yn defnyddio bwyd ffes, lleol pan yn bosibl.
3. Gall eich plentyn ddewis cinio hefo cig, cinio llysieuol neu frechdan/salad.
4. Mae pob cegin yn cael archwiliad gan staff Iechyd amgylcheddol ac mae'r bwyd yn cael ei weini ar y tymheredd cywir.
5. Gall bwyta hefo ffrindiau wella sgiliau cymdeithasol pwysig eich plentyn.

Mae ein staff arlwyo yma i helpu eich plentyn flasu bwydydd newydd .....

### Gwneud Cinio Ysgol yn beth llawn hwyl ac addysgiadol

Gwylwch am y cynigion blasus a gynigir yn ysgol eich plentyn trwy gydol y flwyddyn. Bydd achlysuron megis noson Tân Gwylt a'r Nadolig yn gyfle i gynnig bwyd ar thema benodol. Bydd y manylion i'w gweld yn eich Ysgol ac yn y cylchlythyr i rieni.

### Cysylltwch â ni

I gael mwy o wybodaeth am brydau Ysgol naill ai cysylltwch â'r cogydd yn ysgol eich plentyn neu ffoniwch y Rheolwr Arlwyo sef

Hayley Jones - 01824 712131 neu  
Ian Kemp - 01824 712125

Sylwer - mewn ysgolion babanod ac ysgolion gwledig bach, bwydlen heb ddewis a roddir ond un gytbwys fel a roddir isod.

wythnos 1	llun	mawrth	mercher	iau	gwener
<b>prif bryd dewis</b>	Sosej wedi'i Chrasu yn y Popty	Bolognaise Cig Eidion Cartref	Hotpot Cyw Iâr a Llysiau Cartref	Gamon Rhost a Grefi	Gril Pysgodyn (Eog a Thatws Melys)
<b>carbhydrad</b>	Lapiad Deli wedi'i Lenwi â Chaws neu Wÿ	Crsiad Pasta Tomato, Broccoli a Basil	Taten trwy'i Chroen wedi'i Llenwi â Thiwna neu Ffa Pob	Amrywiol Saladau ar Blât	Sglodion Tatws
<b>llysiau</b>	Darnau Tatws wedi'u Crasu yn y Popty	Troellau Pasta	Rhòl Fara Grystiog Cartref	Tatws Rhost wedi'u Crasu yn y Popty	Pys Gardd
<b>trolï salad</b>	Ffa Pob	Corn Melys Euraidd	Llysiau Ffermdy	Moron, Swêds a Brocoli	Salad Newydd ewedi'i dorri'n fan, Phasta a Ffacys
<b>pwdin</b>	Trollï Salad	Trollï Salad	Trollï Salad	Bananas wedi'u Torri'n Fân a Chwstard Hufennog	Myffin Oren Awchus a Sudd Ffrwyth Oeredig

wythnos 2	llun	mawrth	mercher	iau	gwener
<b>prif bryd dewis</b>	Byrgyr Cig Eidion Dethol Bap	Filled o bysgod gyda Saws Persli	Pastair Bwthyn Cartref gyda Thopin Tatw Melys a Grefi	Twrci Rhost Stwffin perlysiâu a nionyn Grefi	Lapiad Deli Cyw Iâr Poeth a Salad
<b>carbhydrad</b>	Lapiad Deli wedi'i Lenwi â Caws neu Wÿ	Cawl Llysiau a Phasta Cartref a Bap â Llenwad, Wÿ neu Gaws	Taten trwy'i Chroen wedi'i Llenwi â Chaws neu Ffa Pob	Salad Gwerinwr	Sglodion Tatws
<b>llysiau</b>	Tatws Deisiog wedi'u Crasu yn y Popty	Tatws Hufennog	Brocoli	Tatws Rhost wedi'u Crasu yn y Popty	Ciwymbr Ffres, Ffyn Moron, Salad Ffa Cymysg gyda Dip Mintys
<b>trolï salad</b>	Ffa Pob	Pys Gardd a Chorn Melys Euraidd	Brocoli	Moron a Blodffresych Ffres	
<b>pwdin</b>	Trollï Salad	Trollï Salad	Trollï Salad	Smwddi Mefus Rhewoer a Darnau Ffrwythau Ffres	Cacen Krispie a Sudd Ffrwyth Oeredig

wythnos 3	llun	mawrth	mercher	iau	gwener
<b>prif bryd dewis</b>	Crsiad Pasta Tiwna neu Ham a Broccoli Cartref	Cyrrï Cyw Iâr Ffrwythau Cartref	Caserol Cig Eidion Cartref	Porc wedi'i Rostio Stwffin Perlysiâu a Gref	Pitsa Newydd ei Wneud
<b>carbhydrad</b>	Taten trwy'i Chroen wedi'i Sgwipio	Lapiad Deli wedi'i Lenwi â Chaws neu Diwna	Bap wedi'i Llenwi â Ham neu Wÿ	Amrywiol Saladau	Sglodion Tatws
<b>llysiau</b>	Tatws Deisiog wedi'u Crasu yn y Popty a Bara Gartleg	Reis wedi'i Ferwi a Bara Naan	Tatws Hufennog	Tatws a Rostiwyd yn y Popty	
<b>trolï salad</b>	Ffa Pob	Brocoli	Llysiau Ffermdy	Moron Ffres a Ffa Gwyrdd	Coleslaw Crensiog a Salad Ffres wedi'i Dorri'n Fân
<b>pwdin</b>	Trollï Salad	Trollï Salad	Trollï Salad	Bar Miwslï a Sudd Ffrwyth Oeredig	

Ar Gael Pob Dydd – logwrt neu Ffrwythau Ffres

## meddyliwch ETO!

Credwn mai prydau ysgol Sir Ddinbych yw'r dewis gorau felly rydym eisiau eich atgoffa **pam!**

### PRYDAU YSGOL...

- Paratowyd gan staff sydd wedi'u hyfforddi'n broffesiynol
- Wedi'i goginio'n ffres bob dydd
- Bydd staff yn helpu eich plentyn drïo bwydydd newydd
- Prydau cytbwys o ran maeth i helpu eich plentyn ddatblygu
- Cyflwynir prydau newydd bob tymor
- Bydd cinio poeth maethlon yn helpu eich plentyn ganolbwyntio trwy wersi'r prynhawn
- Bydd y prydau yn rhai tymhorol hefo bwydydd cynnes trwy fisoedd y gaeaf, a phrydau mwy ysgafn yn ystod y tywydd poeth

**HYN I GYD AM DDIM OND £1.90 BOB DYDD**

### Prydau ysgol yn cynnig amrywiaeth i ddisgyblion

Fe wnaeth arolwg prydau Ysgol diweddar i brydau ysgol ganfod bod pedwar o bob pum plentyn a oedd yn bwyta cinio ysgol wedi profi bwyd yn yr ysgol nad oeddynt wedi'i brofi gartref.

Yn ôl yr arolwg, gall prydau ysgol helpu rhieni i annog eu plant i brofi bwydydd newydd ac i gynyddu amrywiaeth y bwydydd yn eu deiet.



**cinio ysgol £1.90**

#### Dydd Llun

Sosej wedi'i Chrasu yn y Popty, Darnau Tatws wedi'u Crasu yn y Popty, Ffa Pob

Salad Ffrwythau Ffres

#### Dydd Mawrth

Crsiad Pasta Tomato Brocoli a Basil, Corn Melys Euraidd

Pwdin Efa a Saws Gwyn

#### Dydd Mercher

Hotpot Cyw Iâr a Llysiau Cartref, Rhòl Fara Grystiog Cartref, Llysiau Ffermdy

Pwdin Ffrwythau Haf Ffres a Hufen Iâ

#### Dydd Iau

Gamon Rhost a Grefi, Tatws Rhost wedi'u Crasu yn y Popty, Moron, Swêds a Brocoli

Bananas wedi'u Torri'n Fân a Chwstard Hufennog

#### Dydd Gwener

Gril Pysgodyn (Eog a Thatws Melys), Sglodion Tatws, Pys Gardd

Myffin Oren Awchus a Sudd Ffrwyth Oeredig

**CYFANSWM £9.50**

**gwylio prisiau**

pecyn cinio o'r cartref

#### Dydd Llun

Brechdan Ham, salad, afal, bar grawnfwyd a charton o sudd oren

#### Dydd Mawrth

Brechdan gaws, mini gaws, iogwrt a charton o sudd cyrens duon

#### Dydd Mercher

Brechdan Tiwna, bar grawnfwyd, grawnwin a photel o ddŵr

#### Dydd Iau

Brechdan gaws, bar grawnfwyd, oren a charton o sudd oren

#### Dydd Gwener

Brechdan Ham, iogwrt, resins a charton o sudd cyrens duon

**CYFANSWM £14.95**

