

Canlyniadau Holiadur Cinio Ysgol

Diolch i chi am gymryd yr amser i cwblhau'r holiadur ar cinio Ysgol. Yn dilyn dadansoddi'r holiadur rydym wedi llunio atebion i rhai cwestiynau a sylwadau y codi'r yn rheolaidd.

Mi fydd y sylwadau oedd yn fwy perthnasol i safle penodol yn cael sylw fesul safle.

ALERGEDD BWYD A DIET ARBENNIG

Rydym yn darparu cinio i ddisgyblion gydag alergedd bwyd a diet arbennig cyn belled ag sydd yn bosib.

Os oes gen eich plentyn anghenion diet arbennig e.e.

Coeliac, dim llefrith, yna gofynnwn i chwi gysylltu gyda'r ysgol i roi gwybod i ni am y gofynion.

Rydym yn gofyn am dystiolaeth feddygol i'n helpu ni i gyfarfod eich anghenion.

BWYTA'N IACH MEWN YSGOLION

Mae Bwydlen ysgolion Gwynedd yn cydymffurfio a Rheoliadau bwyta'n iach mewn ysgolion (Safonau Bwyd a maeth) Cymru 2013. Ac mae wedi cael ei gymeradwyo gan gydlynnydd bwyd ysgolion Cymdeithas Llywodraeth Leol Cymru. Bob tro y byddwn yn newid bwydlen ysgolion cynradd, rydym yn sicrhau ei bod yn cydymffurfio a gofynion y rheoliadau.

BARA

Cynigir bara heb fenyn fel rhan o'r pryd i gydymffurfio â'r Rheoliadau bwyta'n iach mewn ysgolion. Rydym yn annog y defnydd o fara brown.

MAINT PRYD

Rydym yn dilyn y meintiau prydau a argymhellir gan Lywodraeth Leol Cymru.

PRYD LLYSIEUOL

Mae dewis llysieuol ar gael os gofynnir amdano ymlaen llaw. Siaradwch â'ch ysgol i roi cais am bryd llysieuol.

BWYDLEN

Mae copi o'r fwydlen bresennol ar gael drwy wefan Cyngor Gwynedd ynghyd â chopi o amserlen y fwydlen os hoffech ddilyn beth mae eich plentyn yn ei fwyta bob dydd.

CYFUNO DIWRNODAU PRYDAU YSGOL A DIWRNODAU PECYN BWYD

Rydym bellach yn cynnig yr opsiwn o ddewis pa ddiwrnodau i gael cinio ysgol a phecyn bwyd. Y cyfan a ofynnwn yw eich bod yn dewis y dyddiau yr hoffech i'ch plentyn fwyta prydau ysgol o flaen llaw ac aros i'r un patrwm bob wythnos.

DEWIS EITEMAU AR GYFER BWYDLEN YR YSGOL

Wrth ddewis eitemau ar gyfer bwydlen yr ysgol, rydym yn anfon holiaduron i gogyddion ysgolion, yn gwrando ar adborth o fwydlenni blaenorol a threialu rysetiau cyn eu cyflwyno i'r fwydlen er mwyn ceisio sicrhau bwydlen gytbwys sy'n apelio at bob disgybl ledled Gwynedd.

BWYDLEN DEWIS

Byddai llawer o'r awgrymiadau a gafwyd yn hoffi'r opsiwn o gael bwydlen ddewis yr ysgol gynradd. Ni fyddai'n ymarferol i ysgolion cynradd Gwynedd gael bwydlen ddewis gan y byddai'n creu ormod o wastraff bwyd. Mae gennym ysgolion cynradd sy'n darparu ar gyfer 20 o ddisgyblion hyd at dros 200 o ddisgyblion ac mae'n rhaid ystyried pob ffactor gan gynnwys cydymffurfio â'r Rheoliadau bwyta'n iach mewn ysgolion.

BWYDYDD CYFLEUS / WEDI'U PROSESU

Mae dros hanner y prif brydau a weinir yn prydau wedi'i ddarparu yn ffres. Ac mae ein cacennau a'n bisgedi i gyd yn rhai cartref. Ymdrechwn i sicrhau'r cydbwysedd cywir o fwydydd i apelio at bob blas, drwy weini bwydydd traddodiadol a dewisiadau mwy modern.

FFRWYTHAU A LLYSIAU

Mae amrywiaeth eang o ffrwythau a llyisiau ffres, tun ac wedi'i rewi yn cael ei ddefnyddio yn ddyddiol yn y rysetiau a'r fwydlen.

School Lunch Questionnaire Results

Thank you for taking the time to complete the online questionnaire regarding School meals. We have compiled some answers to frequently asked questions and comments.

Comments that were more site specific will be dealt with directly with those sites.

FOOD ALLERGIES AND SPECIAL DIETS

We do cater for food allergies and special diets as far as is reasonably possible.

If your child has special dietary requirements i.e coeliac, dairy intolerant, please contact the school to notify us of these requirements.

We do ask for supporting medical evidence to help us meet your needs.

HEALTHY EATING IN SCHOOLS

Gwynedd School Menu's meet the Healthy Eating in Schools Regulations (Food and Nutrition Standards) Wales 2013. And has been approved by the Welsh Local Government Association's School Food Co-ordinator.

Each time we change the Primary School menu we ensure it meets the Regulation requirements.

BREAD

Bread without spread is offered as part of the meal to conform with the Healthy Eating in Schools Regulations. We encourage the use of wholemeal bread.

PORTION SIZE

We follow the recommended portion sizes from the Welsh Local Government.

VEGETARIAN MEAL

A Vegetarian option is available if requested in advance. Please speak to your school to request a vegetarian meal.

MENU

A copy of the current menu is available through the Gwynedd Council website along with a copy of the menu Schedule if you would like to follow what your child is having to eat each day.

COMBINING SCHOOL MEAL DAYS AND PACKED LUNCH DAYS

We now offer the option of choosing which days to have school lunch and packed lunch. All we ask is that you choose the days you would like your child to eat school meals in advance and stay to the same pattern each week.

CHOOSING ITEMS FOR THE SCHOOL MENU

When choosing items for the School menu, we send out questionnaires to school Cooks, listen to feedback from previous menus and trial menu items before introducing them to the menu in order to try to achieve a balanced menu that appeals to all pupils throughout Gwynedd.

MULTIPLE CHOICE MENU

Many suggestions received would like the option of multiple choice menu on the Primary School Menu. It would not be practical for Gwynedd Primary Schools to have a choice menu as there would be too much food wastage. We have primary Schools that cater for 20 pupils up to 200+ pupils and must take all factors into consideration including complying with the Healthy Eating in Schools Regulations.

PROCESSED / CONVENIENCE FOODS

Less than half the main meals served are convenience Foods. Where possible we make our meals fresh. And all our cakes and biscuits are homemade.

We strive to achieve the right balance of foods to appeal to all tastes, by serving traditional foods and more modern options.

FRUIT AND VEGETABLES

A wide variety of fresh, frozen and tinned fruit and vegetables are used everyday in our recipes and Menus.

Ffeithiau a Ffigyrau / Facts and Figures

- **Rhieni o 85 allan o 91 Ysgol Cynradd, Arbennig a Ddilynol Gwynedd wedi cwblhau holiadur.**
Parents from 85 out of 91 Primary, Special and All-through Schools have completed the questionnaire.

- **1,234 holiadur wedi ei dderbyn.**
1,234 questionnaires returned.

- **A ydych yn dewis cinio ysgol i'ch plentyn/plant ar hyn o bryd?**
Do you choose school meal for your child/children at the moment?

Ydw / Yes	894
Nac Ydw / No	267
Dim ateb / No Answer	73

- **Beth yw'r rhesymau dros ddewis cinio ysgol?**
What are your reasons for choosing school meals?

Pryd Poeth / A Hot Meal	626
Hwylustod / Convenience	467
Maethlon / Nutritious	276
Talu ar Lein / Online Payment	212
Amrywiaeth / Variety	206
Cymdeithasol / Social	198
Gwerth am Arian / Value For Money	63
Arall / Other	59
Cinio am Ddim / Free School Meal	35

- **A ydych wedi dewis cinio ysgol i'ch plentyn / plant yn y gorffennol ond ddim yn ei ddewis ar hyn o bryd. Os ydych pam?**

Have you chosen school meals for your child/children in the past, but do not currently. If yes, why?

Pris / Price	96
Dewis y Fwydlen / Menu Choice	90
Arall / Other	43
Ansawdd y Bwyd / Quality of Food	42
Eisiau eistedd efo ffrindiau / Want to sit with friends	28
Dim yn cael Cinio am Ddim / Not entitled to free school meals	8
Talu ar Lein / Paying online	6
Alergedd Bwyd / Food Allergies	5

- **Beth yw'r rhesymau nad ydych erioed wedi dewis cinio ysgol i'ch plentyn / plant?**
If you have never chosen school meals for your child/children, what are the reasons?

Pris / Price	38
Dim yn hoffi'r dewis / Do not like the choice	22
Arall / Other	16
Eistedd efo ffrindiau / Sit with friends	6
Maint y Portion / Portion size	6
Teulu Mawr / Large family	5
Ansawdd y bwyd / Quality of food	3
Talu ar Lein / Paying online	3
Profiad Negyddol / Negative experience	3
Alergedd Plentyn / Food Allergies	0

- **Beth fyddai yn eich annog i ddewis cinio ysgol i'ch plentyn / plant?**
What would encourage you to choose school meals for your child/children?

Gostwng Pris / Reduce Price	142
Dewis Dyddiau / Choose days	113
Dewis Gwahanol / Different Choice	110
Arall / Other	35
Rhiant Profi Cinio / Parents try Lunch	25
Gwybodaeth Alergedd / Allergen Information	5

O'r 1,234 holiadur derbyniwyd, mi wnaeth 593 nodi sylwadau bellach. Dyma'r 10 sylwad codwyd fwyaf aml:

From the 1,234 questionnaires received, 539 placed further comments. Below are the 10 comments that were raised most frequently:

Cost - Rhy ddrud / Too expensive	84
Hapus gyda cinio ysgol / Happy with School Meals	79
Dim digon o fwyd - portions bach - portions yn mynd yn llai / Portions too small - not enough food	73
Mwy o ddewis pob dydd - cynnig dewis arall pob dydd / More variety - choice of food every day	48
Ddim yn cadw i'r fwydlen - Does not keep to the menu	41
Dylsa pawb cael cinio am ddim/mwy o help / Every child should get free school meals	24
Na / No	23
Bwyd yn rhedeg allan / Food runs out	21
Eisiau copi o'r fwydlen - pa wythnosau / Would like a copy of the menu - what week	20
Angen cynnig mwy o amrywiaeth ffrwythau a llysiau / More variety of fruit and vegetables	19