

# Holiadur Cinio

## Ysgolion Cynradd

Dyma prif bwyntiau'r **1,234** o holiaduron cwblhawyd ar gyfer yr arolwg hwn.

### Pam fod pobl yn dewis cinio ysgol?

**626** o yn dewis cinio ysgol i'r plant gael prydau poeth  
**467** gan ei fod yn hwylus.  
**276** gan ei fod yn faethlon.



### Dewis y dyddiau-

**113** eisiau dewis y dyddiau cinio ysgol/bocs bwyd. Posibl dewis dyddiau cinio ysgol a bocs bwyd os oes rhagrybudd a patrwm cyson.

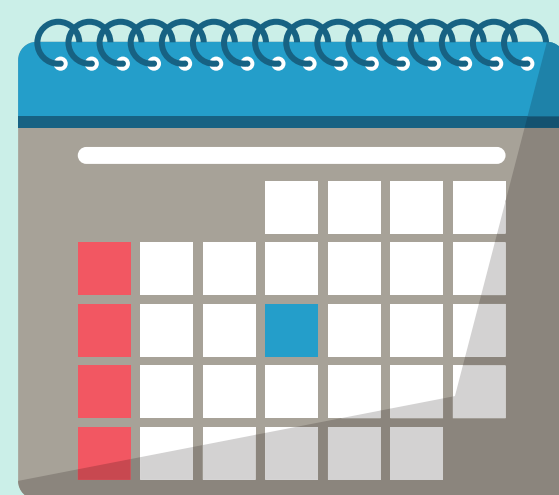


### Ydi'r cinio yn rhy ddrud?

**134** ddim yn dewis cinio ysgol ar hyn gan ei fod yn rhy ddrud.

Gostwng pris cinio yn annog i **142** i ddewis cinio ysgol i'r plant.

### HOLWCH AM HAWLIAU CINIO AM DDIM!



### Pa mor iach a ffres yw'r bwyd?

**Dros hanner** y prydau yn cael eu darparu'n ffres ac mae pob cacen a bisged yn cael ei wneud gyda llaw. Amrywiaeth o ffrwythau a llysiau tymhorol gyda pob pryd.

### Dewis y fwydlen-

**110** eisiau dewis o amrywiaeth o fwydlenni.

Dewis o fwydlenni ddim yn addas- byddai llawer o wastraff a rhwystrau i gyfateb gyda gofynion Bwyta'n Iach mewn Ysgolion.

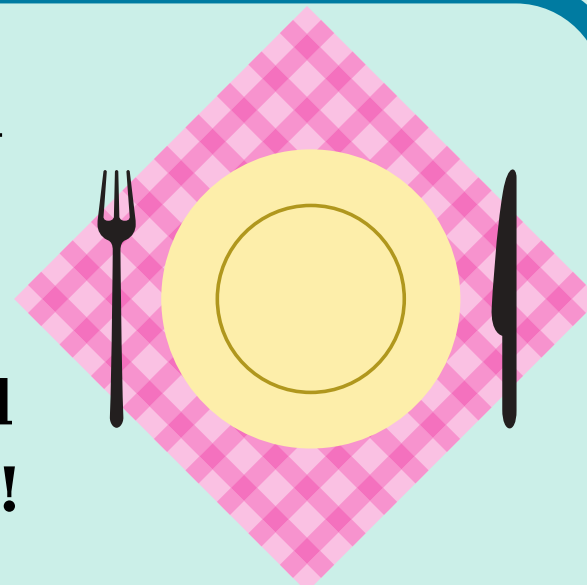
### Cinio rhost ar gael bob Dydd Mercher!



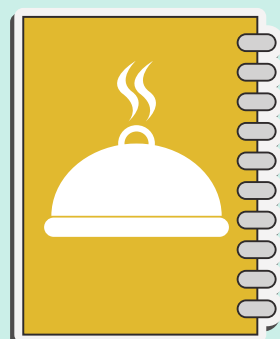
Rydym yn ceisio ein gorau i ateb pob gofyn deietegol posibl!



Mae maint y prydau yn gorfod dilyn argymhelliad Bwyta'n Iach!



Mae pob bwydlen ar gael ar-lein ar wefan y Cyngor.





# Primary School

## Lunches Questionnaire

Here are the main factors from the **1,234** questionnaires completed in this survey.

### Why do people choose school lunch?

**626** choose school meals for the children to have warm meals  
**467** for convenience.  
**276** because it's nutritious.



### Choose dates-

**113** want to choose the school meals/lunchbox meals.  
It's possible to have both school lunch and lunchboxes if the school is warned in good time of the consistent routine you choose.

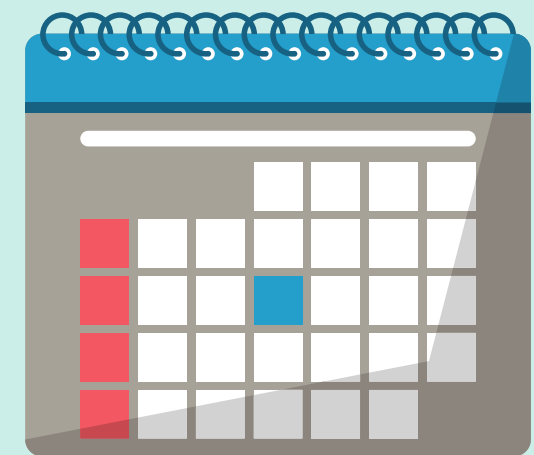


### Is the school lunch too expensive?

**134** don't choose school lunch currently because it's too expensive.

Decreasing the price would encourage **142** to choose school lunches for their children.

### ASK FOR YOUR RIGHTS TO FREE SCHOOL LUNCH!



### Choose menus-

**110** want to choose from a variety menus.

Choosing from menus wouldn't be practical- there'd be a lot of waste and limitations to meet with the Eat Well requirements in schools.

### How healthy and fresh are the lunches?

**Over half** of the meals are prepared freshly and all the cakes and biscuits are handmade.

A variety of seasonal fruit and veg are served with every meal.



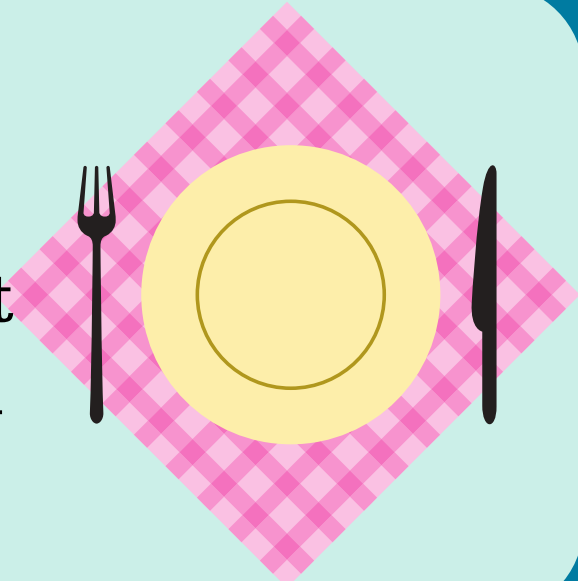
**Roast lunches are served every Wednesday!**



**We try our best to meet every dietary need!**



**The meals portions' have to meet the Eat Well standards!**



**Every menu is available online.**

