



OFFERYNNAU STATUDOL
CYMRU

WELSH STATUTORY
INSTRUMENTS

2013 Rhif 1984 (Cy. 194)

2013 No. 1984 (W. 194)

ADDYSG, CYMRU

EDUCATION, WALES

**Rheoliadau Bwyta'n Iach mewn
Ysgolion (Gofynion a Safonau
Maeth) (Cymru) 2013**

**The Healthy Eating in Schools
(Nutritional Standards and
Requirements) (Wales) Regulations
2013**

NODYN ESBONIADOL

(Nid yw'r nodyn hwn yn rhan o'r Rheoliadau)

EXPLANATORY NOTE

(This note is not part of the Regulations)

Mae'r Rheoliadau hyn yn gymwys i awdurdodau lleol a chyrrff llywodraethu ysgolion a gynhelir sy'n darparu bwyd a diod i ddisgyblion ysgolion a gynhelir, p'un a ydynt ar fangre ysgol ai peidio, ac i bersonau eraill ar fangre ysgol.

These Regulations apply to local authorities and governing bodies of maintained schools that provide food and drink to pupils of maintained schools, whether they are on school premises or not, and to other persons on school premises.

Mae'r Rheoliadau hyn yn nodi'r mathau o fwyd a diod y gellir eu cynnig, a'r rhai na chaniateir eu cynnig, yn ystod y diwrnod ysgol ac yn diffinio cynnwys maeth ciniawau ysgol.

These Regulations set out the types of food and drink that can, and cannot, be provided during the school day and define the nutrient content of school lunches.

Hysbyswyd y Comisiwn Ewropeaidd am y Rheoliadau hyn ar ffurf drafft yn unol â Chyfarwyddeb 98/34/EC(1), fel y'i diwygiwyd gan Gyfarwyddeb 98/48/EC(2).

These Regulations were notified in draft to the European Commission in accordance with Directive 98/34/EC (1), as amended by Directive 98/48/EC (2).

Mae'r Rheoliadau hyn yn disodli Rheoliadau Addysg (Safonau Maeth Cinió Ysgol) (Cymru) 2001(3).

These Regulations replace the Education (Nutritional Standards for School Lunches) (Wales) Regulations 2001(3).

Rhaid i awdurdodau lleol a chyrrff llywodraethu ysgolion a gynhelir gydymffurfio â'r Rheoliadau hyn o 2 Medi 2013.

Local authorities and governing bodies of maintained schools must comply with these Regulations from 2 September 2013.

Mae Rheoliad 2(2) yn nodi esemptiadau penodol i'r Rheoliadau hyn.

Regulation 2(2) sets out certain exemptions to these Regulations.

Mae rheoliad 3 yn dirymu'r Rheoliadau blaenorol.

Regulation 3 revokes the earlier Regulations.

Mae Rheoliad 4 ac Atodlen 1 yn nodi'r gofynion y mae'n rhaid eu bodloni pan ddarperir brecwast ysgol.

Regulation 4 and Schedule 1 set out the requirements that must be met where school breakfast is provided.

Mae Rheoliad 5 yn cymhwyso'r gofynion yn Atodlen 2 pan fo cinio ysgol yn cael ei ddarparu i ddisgyblion mewn ysgolion meithrin neu bersonau eraill ar fangre

Regulation 5 applies the requirements in Schedule 2 where school lunch is provided to pupils in nursery

(1) OJ L 204, 21.7.1998, t.37.

(2) OJ L 217, 5.8.1998, t.18.

(3) O.S. 2001/1784 (Cy.126).

(1) OJ L 204, 21.7.1998, p.37.

(2) OJ L 217, 5.8.1998, p.18.

(3) S.I. 2001/1784 (W.126).

ysgol feithrin mewn achosion pan na fo cinio ysgol yn cydymffurfio â'r gofynion yn Atodlen 3 a'r safonau maeth yn Atodlen 4.

Mae Rheoliad 6 ac Atodlenni 3 a 4 yn nodi'r gofynion a'r safonau maeth y mae'n rhaid eu bodloni pan fo cinio ysgol yn cael ei ddarparu.

Gan fod rhai gofynion yn yr Atodlenni yn cyfeirio at ba mor aml y mae'n rhaid darparu neu beidio â darparu bwydydd penodol drwy gyfeirio at wythnos, mae rheoliad 6(5) yn darparu, pan fo ysgol ar agor am ran o wythnos yn unig, y dylai nifer yr adegau y mae'n rhaid darparu neu beidio â darparu bwyd barhau fel petai'r ysgol ar agor am yr wythnos gyfan.

Mae Rheoliad 7 ac Atodlen 5 yn rhagnodi gofynion y mae'n rhaid eu bodloni mewn perthynas â diodydd.

O dan Rheoliad 8 rhaid i fwyd neu ddiod a ddarperir ar adegau ar wahân i frecwest ysgol neu ginio ysgol (megis amser egwyl) gydymffurfio â'r gofynion yn Atodlen 5 neu 6.

Mae Atodlen 3 yn nodi'r gofynion sy'n ymwneud â'r bwyd y mae'n rhaid ei ddarparu neu beidio â'i ddarparu fel rhan o ginio ysgol mewn ysgolion cynradd ac uwchradd.

Mae Atodlen 4 yn ei gwneud hi'n ofynnol bod cyfrif yn cael ei wneud ar gyfer ysgol neu grŵp o ysgolion er mwyn sicrhau bod cinio ysgol cyfartalog yn cynnwys y swm cywir o ran egni a maethynnau.

schools or other persons on the premises of a nursery school in cases where school lunch does not comply with the requirements in Schedule 3 and the nutritional standards in Schedule 4.

Regulation 6 and Schedules 3 and 4 set out the requirements and the nutritional standards that must be met where school lunch is provided.

As some requirements in the Schedules refer to the frequency with which certain foods must or must not be provided by reference to a week, regulation 6(5) provides that where a school is only open for part of a week the number of times food must or must not be provided should continue as if it were open for the whole week.

Regulation 7 and Schedule 5 prescribe requirements that must be met in relation to drinks.

Under Regulation 8 food or drink provided at times outside of school breakfast or school lunch (such as at break time) must comply with the requirements in Schedule 5 or 6.

Schedule 3 sets out requirements relating to food that must be provided, or must not be provided, as part of school lunch in primary and secondary schools.

Schedule 4 requires a calculation to be made for a school or a group of schools to ensure that the correct amount of energy and nutrients is contained in an average school lunch.

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Maeth) (Cymru) 2013**

**The Healthy Eating in Schools
(Nutritional Standards and
Requirements) (Wales) Regulations
2013**

Gwnaed 8 Awst 2013
*Gosodwyd gerbron Cynulliad Cenedlaethol
Cymru* 9 Awst 2013
Yn dod i rym 2 Medi 2013

Made 8 August 2013
Laid before the National Assembly for Wales
9 August 2013
Coming into force 2 September 2013

Mae Gweinidogion Cymru, drwy arfer y pwerau a roddwyd iddynt gan adran 4(1), (2), (3), (4) ac (8) ac adran 10 o Fesur Bwyta'n Iach mewn Ysgolion (Cymru) 2009(1) a hwythau wedi canfod barn disgyblion ac ymgynghori ag unrhyw bersonau eraill y maent yn barnu eu bod yn briodol yn unol ag adran 4(11) o'r Mesur hwnnw, yn gwneud y Rheoliadau canlynol.

The Welsh Ministers, in exercise of the powers conferred on them by section 4(1), (2), (3), (4) and (8) and section 10 of the Healthy Eating in Schools (Wales) Measure 2009(1) and having ascertained the views of pupils and consulted such other persons as they consider appropriate in accordance with section 4(11) of that Measure make the following Regulations.

Enwi, cychwyn a chymhwyso

1.—(1) Enw'r Rheoliadau hyn yw Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013 a deuant i rym ar 2 Medi 2013.

(2) Mae'r Rheoliadau hyn yn gymwys o ran Cymru.

Dehongli

2.—(1) Yn y Rheoliadau hyn—

mae i'r ymadrodd “addysg gynradd” yr ystyr a roddir i “*primary education*” gan adran 2(1) o Ddeddf 1996;

mae i'r ymadrodd “addysg uwchradd” yr ystyr a roddir i “*secondary education*” gan adran 2(2) o Ddeddf 1996;

ystyr “anghenion deietegol sydd wedi eu rhagnodi'n feddygol” (“*medically prescribed*”

Title, commencement and application

1.—(1) The title of these Regulations is the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and they come into force on 2 September 2013.

(2) These Regulations apply in relation to Wales.

Interpretation

2.—(1) In these Regulations—

“the 1996 Act” (“*Deddf 1996*”) means the Education Act 1996(2);

“boarding school” (“*ysgol fyrddio*”) means a maintained school which has boarding pupils, whether or not it also has day pupils;

(1) 2009 mccc 3.

(1) 2009 nawm 3.
(2) 1996 c.56.

dietary requirements”) yw anghenion deietegol a ragnodir gan—

- (a) ymarferydd meddygol cofrestredig; neu
- (b) deitegwr sydd wedi ei gofrestru yn Rhan 4 o'r Gofrestr a gynhelir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd a Gwaith Cymdeithasol 2001(1);

mae “brechdanau” (“*sandwiches*”) yn cynnwys rholiau wedi eu llenwi a chynhyrchion tebyg sy'n barod i'w bwyta heb unrhyw waith paratoi pellach;

ystyr “brecwast ysgol” (“*school breakfast*”) yw bwyd a ddarperir i'w fwyta gan ddisgyblion neu bersonau eraill ar fangre ysgol cyn dechrau'r sesiwn ysgol foreol, neu yn achos ysgol arbennig gymunedol neu ysgol arbennig sefydledig cyn neu ar ddechrau'r sesiwn ysgol foreol;

ystyr “byrbrydau sawrus” (“*savoury snacks*”) yw—

- (a) eitemau wedi eu rhagbecynnu (ac eithrio melysion, brechdanau, cacennau, bisgedi, cnau a hadau sy'n barod i'w bwyta heb unrhyw waith paratoi pellach; a
- (b) sydd wedi eu cyfansoddi o, neu sy'n cynnwys fel cynhwysyn sylfaenol—
 - (i) tatws neu wreiddlysiau (megis creision);
 - (ii) grawnfwydydd (megis pyffion corn neu fyrbrydau corn);
 - (iii) creision *tortilla*;
 - (iv) pretsets;
 - (v) popgorn (p'un ai'n blaen, wedi ei felysu neu wedi ei halltu);
 - (vi) cracers corgimwch;
 - (vii) cacennau reis (p'un ai rhai plaen neu rai â chyflas);
 - (viii) cymysgedd Bombay;

mae i'r ymadrodd “cig” yr ystyr a roddir i “*meat*” gan Gyfarwyddeb 2000/13/EC Senedd Ewrop a'r Cyngor ar gyd-ddynesiad cyfreithiau'r Aelod-wladwriaethau sy'n ymwneud â labelu, cyflwyno a hysbysebu bwydydd(2);

ystyr “cinio ysgol” (“*school lunch*”) yw bwyd a ddarperir i'w fwyta gan ddisgyblion neu bersonau eraill fel eu pryd bwyd canol dydd ar ddiwrnod ysgol, p'un a yw hynny'n golygu pryd gosod neu ddetholiad o eitemau i'w dewis ganddynt;

mae i'r ymadrodd “cynnyrch cig” yr ystyr a roddir i “*meat product*” yn y Rheoliadau Cynhyrchion

“confectionery” (“*melysion*”) means—

- (a) chewing gum including sugar free chewing gum;
- (b) cereal bars (whether chewy or crunchy);
- (c) processed or extruded fruit bars;
- (d) other non-chocolate confectionery (whether or not containing sugar) including mints;
- (e) frostings or icings or decorative toppings made from icing sugar;
- (f) chocolate in any form (except hot chocolate);
- (g) any product containing chocolate or wholly or partially coated with chocolate;
- (h) any chocolate flavoured substance (except cocoa powder used in cakes, biscuits and puddings or in a drink listed in Table D to Schedule 5);

“evening meal” (“*pryd gyda'r hwyr*”) in relation to a maintained boarding school, means food or drink provided on or after 6pm;

“fruit juice” (“*sudd ffirwythau*”) means—

- (a) the products described by that name; or
- (b) the product described by the name of “fruit juice from concentrate” in Schedule 1 to the Fruit Juices and Fruit Nectars (Wales) Regulations 2003(1);

“junior pupil” (“*disgybl iau*”) has the meaning given to it by section 3(2) of the 1996 Act;

“maintained nursery school” (“*ysgol feithrin a gynhelir*”) means a nursery school or a nursery unit in a primary school maintained by a local authority;

“maintained school” (“*ysgol a gynhelir*”) has the meaning given to it by section 11 of the Healthy Eating in Schools (Wales) Measure 2009;

“milk” (“*llaeth*”) means whole milk, semi-skimmed milk or skimmed milk;

“meat” (“*cig*”) has the meaning given to it by Directive 2000/13/EC of the European Parliament and the Council on the approximation of the laws of the Member States relating to the labelling, presentation and advertising of foodstuffs(2);

“meat product” (“*cynnyrch cig*”) has the meaning given to it by the Meat Products Regulations and includes any formed, shaped and coated meat product;

(1) O.S. 2002/254 (fel y'i diwygiwyd).

(2) OJ L 109, 6.5.2000, t.29, fel y'i diwygiwyd gan Gyfarwyddeb y Comisiwn 2001/101/EC, OJ L 310, 28.11.2001, t.19).

(1) S.I. 2003/3041(W.286) amended by S.I. 2011/700 (W.107).

(2) OJ L 109, 6.5.2000, p.29 as amended by Commission Directive 2001/101/EC (OJ L 310, 28.11.2001, p.19).

Cig ac mae'n cynnwys unrhyw gynnyrch cig sydd wedi ei ffurfio, ei siapio a'i gaenu;

mae "darparu" ("provide") yn cynnwys trefnu darpariaeth;

ystyr "Deddf 1996" ("the 1996 Act") yw Deddf Addysg 1996(1);

mae i'r ymadrodd "disgybl hŷn" yr ystyr a roddir i "senior pupil" gan adran 3(2) o Ddeddf 1996;

mae i'r ymadrodd "disgybl iau" yr ystyr a roddir i "junior pupil" gan adran 3(2) o Ddeddf 1996;

ystyr "diwrnod ysgol" ("school day"), mewn perthynas ag ysgol a gynhelir, yw unrhyw ddiwrnod y cynhelir o leiaf un sesiwn ysgol arno, a honno'n cael ei chynnal rhwng 8.30am a 6pm yn yr ysgol honno;

ystyr "dogn" ("portion") yw maint o fwyd penodol a ddarperir i unigolyn fel rhan o bryd bwyd;

ystyr "llaeth" ("milk") yw llaeth cyflawn, llaeth hanner-sgim neu laeth sgim;

ystyr "mangre ysgol" a "mangre'r ysgol" ("school premises") yw mangre'r ysgol a gynhelir;

ystyr "melysion" ("confectionery") yw—

- (a) gwm cnoi gan gynnwys gwm cnoi heb siwgr;
- (b) barrau grawnfwyd (rhai cnoadwy neu rai crensiog);
- (c) barrau â ffrwythau wedi eu prosesu neu eu hallwthio;
- (d) melysion eraill nad ydynt yn rhai siocled (p'un a ydynt yn cynnwys siwgr ai peidio) gan gynnwys mintys;
- (e) ysgeintiadau neu eisiau neu haenau uchaf addurnol sydd wedi eu gwneud o siwgr eisin;
- (f) siocled ar unrhyw ffurf (ac eithrio siocled poeth);
- (g) unrhyw gynnyrch sy'n cynnwys siocled neu sydd wedi ei gaenu'n gyfan gwbl neu'n rhannol â siocled;
- (h) unrhyw sylwedd blas siocled (ac eithrio powdr coco a ddefnyddir mewn cacennau, bisgedi a phwdinau neu mewn diod a restrir yn Nhabl D i Atodlen 5);

ystyr "pryd gyda'r hwyr" ("evening meal") mewn perthynas ag ysgol fyrrdio a gynhelir, yw bwyd neu ddiod a ddarperir am, neu ar ôl 6pm;

mae "pysgod olewog" ("oily fish") yn cynnwys brwyniaid, penwaig, ciperi, mecryll, penwaig Mair, eogiaid, sardfins, brithyllod, tiwna (ond nid tiwna mewn tun) a silod mân ond mae'n eithrio

"Meat Products Regulations" ("Rheoliadau Cynhyrchion Cig") means the Meat Products (Wales) Regulations 2004(1);

"medically prescribed dietary requirements" ("anghenion deietegol sydd wedi eu rhagnodi'n feddygol") means dietary requirements prescribed by—

(a) a registered medical practitioner; or

(b) a dietitian who is registered in Part 4 of the Register maintained under article 5 of the Health and Social Work Professions Order 2001(2);

"oily fish" ("pysgod olewog") includes anchovies, herring, kipper, mackerel, pilchards, salmon, sardines, trout, tuna (but not canned tuna) and whitebait but excludes fortified fish products or other foods fortified with omega 3;

"portion" ("dogn") means an amount of a particular food provided to an individual as part of a meal;

"primary education" ("addysg gynradd") has the meaning given to it by section 2(1) of the 1996 Act;

"primary school" ("ysgol gynradd") means a school that provides primary education (whether or not it also provides other kinds of education);

"provide" ("darparu") includes arranging provision;

"relevant European Union Regulations" ("Rheoliadau Undeb Ewropeaidd perthnasol") means—

(a) Regulation (EC) No 1333/2008(3) of the European Parliament and the Council of the European Union on food additives;

(b) Regulation (EC) No 1334/2008(4) of the European Parliament and the Council of the European Union on flavourings and certain food ingredients with flavouring properties for use in and on foods;

"sandwiches" ("brecheddanau") includes filled rolls and similar products which are ready to eat without further preparation;

"savory snacks" ("byrbrydau sawrus") means —

- (a) pre-packaged items (excluding confectionery, sandwiches, cakes, biscuits, nuts and seeds) which are ready to eat without further preparation; and

(1) S.I. 2004/1396 (W.141) amended by S.I. 2008/713 (W.74).

(2) S.I. 2002/254 (as amended).

(3) OJ L 354, 31.12.2008, p.16. Vitamins or minerals added to a food for an additive purpose must meet the controls on the use of additives set out in the Directive.

(4) OJ L 354, 31.12.2008, p.34.

(1) 1996 p.56.

cynhyrchion pysgod cyfnerthedig neu fwydydd eraill sydd wedi eu cyfnerthu ag omega 3;

ystyr “Rheoliadau Cynhyrchion Cig” (“*Meat Products Regulations*”) yw Rheoliadau Cynhyrchion Cig (Cymru) 2004(1);

ystyr “Rheoliadau Undeb Ewropeaidd perthnasol” (“*relevant European Union Regulations*”) yw—

- (a) Rheoliad (EC) Rhif 1333/2008(2) Senedd Ewrop a Chyngor yr Undeb Ewropeaidd ar ychwanegion bwyd;
- (b) Rheoliad (EC) Rhif 1334/2008(3) Senedd Ewrop a Chyngor yr Undeb Ewropeaidd ar gyflasynnau a chynhwysion bwyd penodol â phriodoleddau cyflasu i'w defnyddio mewn bwydydd ac ar fwydydd;

ystyr “sudd ffrwythau” (“*fruit juice*”) yw—

- (a) y cynhyrchion a ddisgrifir gan yr enw hwnnw; neu
- (b) y cynnyrch a ddisgrifir gan yr enw “sudd ffrwythau o ddwysfwyd” yn Atodlen 1 i Reoliadau Suddoedd Ffrwythau a Neithdarau Ffrwythau (Cymru) 2003 (4);

ystyr “sudd llysiau” (“*vegetable juice*”) yw sudd a echdynnwyd o lysiau neu domatos a hynny heb ychwanegu unrhyw sylwedd arall ato, ac eithrio y caniateir i unrhyw ddŵr a echdynnwyd wrth ddwysáu gael ei adfer;

ystyr “wythnos” (“*week*”) yw'r pum niwrnod o ddydd Llun i ddydd Gwener;

mae i'r ymadrodd “ysgol a gynhelir” (“*maintained school*”) yr ystyr a roddir iddo gan adran 11 o Fesur Bwyta'n Iach mewn Ysgolion (Cymru) 2009;

ystyr “ysgol feithrin a gynhelir” (“*maintained nursery school*”) yw ysgol feithrin neu uned feithrin mewn ysgol gynradd a gynhelir gan awdurdod lleol;

ystyr “ysgol fyrddio” (“*boarding school*”) yw ysgol a gynhelir a chanddi ddisgyblion byrddio, p'un a oes ganddi ddisgyblion dydd hefyd ai peidio;

ystyr “ysgol gynradd” (“*primary school*”) yw ysgol sy'n darparu addysg gynradd (p'un a yw hefyd yn darparu mathau eraill o addysg ai peidio);

(b) consist of or include as a basic ingredient—

- (i) potato or root vegetables (such as crisps);
- (ii) cereals (such as corn puff or corn snacks);
- (iii) tortilla chips;
- (iv) pretzels;
- (v) popcorn (whether plain, sweetened or salted);
- (vi) prawn crackers;
- (vii) rice cakes (whether plain or flavoured);
- (viii) Bombay mix;

“school breakfast” (“*brecwast ysgol*”) means food provided for consumption by pupils or other persons on school premises before the start of the morning school session, or in the case of a community or foundation special school before or at the start of the morning school session;

“school day” (“*diwrnod ysgol*”) in relation to a maintained school, means any day on which at that school there is at least one school session which takes place between 8.30am and 6pm;

“school lunch” (“*cinio ysgol*”) means food provided for consumption by pupils or other persons as their midday meal on a school day, whether involving a set meal or the selection of items by them;

“school premises” (“*mangre ysgol*”) means the premises of the maintained school;

“secondary school” (“*ysgol uwchradd*”) means a school that provides secondary education (whether or not it also provides other kinds of education);

secondary education” (“*addysg uwchradd*”) has the meaning given to it by section 2(2) of the 1996 Act;

“senior pupil” (“*disgybl hŷn*”) has the meaning given to it by section 3(2) of the 1996 Act;

“vegetable juice” (“*sudd llysiau*”) means juice extracted from vegetables or tomatoes with no other substance added, except that any water extracted during concentration may be restored;

“week” (“*wythnos*”) means the five days from Monday to Friday.

(2) Nothing in these Regulations applies to food or drink provided—

- (a) at any school social event or school recreational event to mark any religious or cultural occasion;
- (b) at fund-raising events;
- (c) as rewards for achievement, good behaviour or effort;

(1) O.S. 2004/1396 (Cy.141) fel y'i diwygiwyd gan O.S. 2008/713 (Cy.74).

(2) OJ L 354, 31.12.2008, t.16. Rhaid i fitaminau neu fwynau sy'n cael eu hychwanegu at fwyd at ddibenion ychwanegyn fodloni'r rheolaethau ar y defnydd o ychwanegion a nodir yn y Gyfarwyddeb.

(3) OJ L 354, 31.12.2008, t.34.

(4) O.S. 2003/3041(Cy.286) a ddiwygiwyd gan O.S. 2011/700 (Cy.107).

ystyr “ysgol uwchradd” (“*secondary school*”) yw ysgol sy'n darparu addysg uwchradd (p'un a yw hefyd yn darparu mathau eraill o addysg ai peidio);

(2) Nid oes dim yn y Rheoliadau hyn sy'n gymwys i fwyd neu ddiod a ddarperir—

- (a) mewn unrhyw ddigwyddiad cymdeithasol ysgol neu ddigwyddiad hamdden ysgol i nodi unrhyw achlysur crefyddol neu ddiwylliannol;
- (b) yn ystod digwyddiadau i godi arian;
- (c) fel gwobrwyon am gyrhaeddiad, ymddygiad da neu ymdrech dda;
- (d) i'w ddefnyddio i ddysgu sgiliau paratoi bwyd a choginio ar yr amod na châi unrhyw fwyd sy'n cael ei baratoi felly ei ddarparu i ddisgyblion fel rhan o frecwast ysgol neu ginio ysgol;
- (e) gan rieni, disgyblion neu bersonau eraill i'w fwyta ganddynt hwy eu hunain ar fangre ysgol;
- (f) fel rhan o unrhyw anghenion deietegol sydd wedi eu rhagnodi'n feddygol.

Dirymu

3. Mae Rheoliadau Addysg (Safonau Maeth Cinio Ysgol) (Cymru) 2001(1) wedi eu dirymu.

Brecwast mewn ysgolion a gynhelir

4.—(1) Rhaid i awdurdod lleol neu gorff llywodraethu ysgol a gynhelir gydymffurfio â'r gofynion yn Atodlen 1 pan fo'n darparu brecwast ysgol ar ddiwrnod ysgol—

- (a) i ddisgyblion cofrestredig mewn ysgol a gynhelir, p'un ai ar fangre ysgol neu mewn man nad yw'n fangre ysgol;
- (b) i unrhyw berson arall ar fangre'r ysgol.

(2) Pan fo awdurdod lleol neu gorff llywodraethu'n darparu brecwast ysgol yn unol â pharagraff (1), rhaid iddo roi'r opsiwn i'r disgybl neu berson arall ddewis un eitem fwyd o bob un o'r categorïau bwyd a restrir yn Nhabl A yn Atodlen 1.

(d) for use in teaching food preparation and cookery skills provided that any food so prepared is not provided to pupils as part of a school breakfast or school lunch;

(e) by parents, pupils or other persons for their own consumption on school premises;

(f) as part of any medically prescribed dietary requirements.

Revocations

3. The Education (Nutritional Standards for School Lunches) (Wales) Regulations 2001(1) are revoked.

Breakfast in maintained schools

4.—(1) A local authority or a governing body of a maintained school must comply with the requirements in Schedule 1 where it provides school breakfast on a school day to—

- (a) registered pupils of a maintained school whether on school premises or a place other than school premises;
- (b) any other person on the school premises.

(2) Where the local authority or governing body provides school breakfast in accordance with paragraph (1), it must give the pupil or other person the option to choose one food item from each of the food categories listed in Table A in Schedule 1.

(1) O.S. 2001/1784 (Cy.126).

(1) S.I. 2001/1784 (W.126).

Cinio mewn ysgolion meithrin a gynhelir

5.—(1) Yn ddarostyngedig i baragraff (2), rhaid i awdurdod lleol neu gorff llywodraethu ysgol a gynhelir gydymffurfio â'r gofynion yn Atodlen 2 pan fo'n darparu cinio ysgol ar ddiwrnod ysgol—

- (a) i ddisgyblion cofrestredig ysgol feithrin a gynhelir ar fangre ysgol neu fan nad yw'n fangre ysgol;
- (b) i unrhyw berson arall ar fangre ysgol feithrin a gynhelir.

(2) Nid yw'r gofynion yn Atodlen 2 yn gymwys pan fo awdurdod lleol neu gorff llywodraethu ysgol a gynhelir wedi cydymffurfio â'r gofynion yn Atodlen 3 a'r safonau maeth yn Atodlen 4 mewn perthynas â chiniawau ysgol a ddarperir i bersonau ym mharagraff (1).

Cinio mewn ysgolion cynradd ac uwchradd a gynhelir

6.—(1) Mae'r rheoliad hwn yn gymwys pan fo awdurdod lleol neu gorff llywodraethu ysgol a gynhelir yn darparu cinio ysgol ar ddiwrnod ysgol—

- (a) i ddisgyblion cofrestredig mewn ysgol a gynhelir ar fangre ysgol neu mewn man nad yw'n fangre ysgol; a
- (b) i unrhyw berson arall ar fangre'r ysgol.

(2) Rhaid i'r awdurdod lleol neu'r corff llywodraethu sicrhau bod cinio ysgol a ddarperir i berson a bennir ym mharagraff (1) yn cydymffurfio â'r gofynion yn Atodlen 3 a'r safonau maeth yn Atodlen 4.

(3) Rhaid i'r awdurdod lleol neu'r corff llywodraethu sicrhau bod cinio ysgol a ddarperir i ddisgyblion ar driip ysgol ar ddiwrnod ysgol yn cydymffurfio â'r gofynion y Atodlen 3 a'r safonau maeth yn Atodlen 4.

(4) Pan fo awdurdod lleol neu gorff llywodraethu'n darparu addysg gynradd ac uwchradd yn yr ysgol, rhaid i'r cinio ysgol a ddarperir—

- (a) i ddisgybl iau gydymffurfio â'r gofynion ar gyfer ysgolion cynradd yn Atodlen 3 a'r safonau maeth ar gyfer ysgolion cynradd yn Atodlen 4; a
- (b) i ddisgybl hŷn gydymffurfio â'r gofynion ar gyfer ysgolion uwchradd yn Atodlen 3 a'r safonau maeth ar gyfer ysgolion uwchradd yn Atodlen 4.

(5) Pan fo ysgol ar agor am lai na phum niwrnod mewn unrhyw wythnos, mae'r gofynion yn Atodlen 3 sy'n cyfeirio at nifer yr adegau y mae'n rhaid darparu neu beidio â darparu bwyd drwy gyfeirio at wythnos yn gymwys fel petai'r ysgol ar agor am y cyfan o'r wythnos honno.

Lunch in maintained nursery schools

5.—(1) Subject to paragraph (2), a local authority or a governing body of a maintained school must comply with the requirements in Schedule 2 where it provides school lunch on a school day to—

- (a) registered pupils of a maintained nursery school whether on school premises or a place other than school premises;
- (b) any other person on the premises of a maintained nursery school.

(2) The requirements in Schedule 2 do not apply where a local authority or a governing body of a maintained school has complied with the requirements in Schedule 3 and the nutritional standards in Schedule 4 in relation to school lunches provided to persons in paragraph (1).

Lunch in maintained primary and secondary schools

6.—(1) This regulation applies where a local authority or a governing body of a maintained school provides school lunch on a school day to—

- (a) registered pupils at a maintained school whether on school premises or at a place other than school premises; and
- (b) any other person on the school premises.

(2) The local authority or governing body must ensure that school lunch provided to a person specified in paragraph (1) complies with the requirements in Schedule 3 and the nutritional standards in Schedule 4.

(3) The local authority or governing body must ensure that school lunch provided to pupils on a school trip on a school day complies with the requirements in Schedule 3 and the nutritional standards in Schedule 4.

(4) Where a local authority or a governing body provides both primary and secondary education at the school, the school lunch provided to—

- (a) a junior pupil must comply with the requirements for primary schools in Schedule 3 and the nutritional standards for primary schools in Schedule 4; and
- (b) a senior pupil must comply with the requirements for secondary schools in Schedule 3 and the nutritional standards for secondary schools in Schedule 4.

(5) Where a school is open for fewer than five days in any week the requirements in Schedule 3 which refer to the number of times food must or must not be provided by reference to a week apply as if the school were open for the whole of that week.

Diodydd mewn ysgolion a gynhelir

7.—(1) Mae'r rheoliad hwn yn gymwys i ddiodydd a ddarperir—

- (a) i ddisgyblion cofrestredig mewn ysgol a gynhelir, p'un ai ar fangre ysgol neu mewn man nad yw'n fangre ysgol; a
- (b) i unrhyw berson arall ar fangre'r ysgol.

(2) Rhaid i'r awdurdod lleol neu'r corff llywodraethu sicrhau bod diodydd a ddarperir i berson ym mharagraff (1) yn cydymffurfio â'r gofynion yn Atodlen 5.

(3) Pan fo awdurdod lleol neu gorff llywodraethu'n darparu addysg gynradd ac uwchradd yn yr ysgol, rhaid i'r ddiodydd a ddarperir—

- (a) i ddisgybl iau gydymffurfio â'r gofynion ar gyfer ysgolion cynradd yn Atodlen 5; a
- (b) i ddisgybl hŷn gydymffurfio â'r gofynion ar gyfer ysgolion uwchradd yn Atodlen 5.

Darparu bwydydd neu ddiodydd eraill mewn ysgolion a gynhelir

8.—(1) Rhaid i awdurdod lleol neu gorff llywodraethu ysgol a gynhelir gydymffurfio â'r gofynion yn Atodlen 6 os yw'n darparu bwyd, ar ddiwrnod ysgol, nad yw'n rhan o frecwast ysgol na chinio ysgol i'r personau a bennir ym mharagraff (3).

(2) Rhaid i awdurdod lleol neu gorff llywodraethu ysgol a gynhelir gydymffurfio â'r gofynion yn Atodlen 5 os yw'n darparu diodydd, ar ddiwrnod ysgol, nad yw'n rhan o frecwast ysgol na chinio ysgol i'r personau a bennir ym mharagraff (3).

(3) At ddibenion y rheoliad hwn, ystyr y cyfeiriad at bersonau ym mharagraffau (1) a (2) yw—

- (a) disgyblion sydd wedi eu cofrestru mewn ysgol a gynhelir ac sydd—
 - (i) ar fangre ysgol cyn 6pm;
 - (ii) mewn man nad yw'n fangre ysgol cyn 6pm;
- (b) unrhyw berson arall sydd ar fangre'r ysgol cyn 6pm.

(4) Nid yw'r gofynion a nodir yn Atodlen 6 yn gymwys mewn perthynas â melysion, byrbrydau, cacennau neu fisgedi a ddarperir i ddisgyblion mewn ysgol fyrddio fel rhan o bryd bwyd gyda'r hwyr.

Drinks in maintained schools

7.—(1) This regulation applies to a drink provided to—

- (a) registered pupils of a maintained school whether on school premises or at a place other than school premises; and
- (b) any other person on the school premises.

(2) The local authority or governing body must ensure that a drink provided to a person in paragraph (1), complies with the requirements in Schedule 5.

(3) Where a local authority or a governing body provides both primary and secondary education at the school, a drink provided to—

- (a) a junior pupil must comply with the requirements for primary schools in Schedule 5; and
- (b) a senior pupil must comply with the requirements for secondary schools in Schedule 5.

Provision of other food or drink in maintained schools

8.—(1) A local authority or a governing body of a maintained school must comply with the requirements in Schedule 6 if it provides food on a school day that does not form part of school breakfast or school lunch to persons specified in paragraph (3).

(2) A local authority or a governing body of a maintained school must comply with the requirements in Schedule 5 if it provides drink on a school day that does not form part of school breakfast or school lunch to persons specified in paragraph (3).

(3) For the purposes of this regulation, the reference to persons in paragraphs (1) and (2) means—

- (a) pupils who are registered at a maintained school and who are—
 - (i) on school premises before 6pm;
 - (ii) at a place other than school premises before 6pm;
- (b) any other person on the school premises before 6pm.

(4) The requirements set out in Schedule 6 do not apply in relation to confectionery, snacks, cakes or biscuits provided to pupils at a boarding school as part of an evening meal.

Carwyn Jones

Prif Weinidog Cymru

First Minister of Wales

8 Awst 2013

8 August 2013

ATODLEN 1
BRECWAST MEWN YSGOLION A
GYNHELIR

Rheoliad 4

1. Mae'r gofynion yn yr Atodlen hon yn gymwys pan fo brecwast ysgol yn cael ei ddarparu mewn ysgolion a gynhelir.

2. Yr unig fwydydd y mae'n rhaid iddynt fod ar gael ar bob diwrnod ysgol yw'r rhai o'r categorïau yn Nhabl A.

3. Rhaid i ddiodydd sydd wedi eu seilio ar laeth a ddarperir i ddisgyblion mewn ysgolion a gynhelir neu i bersonau ar fangreoedd ysgolion a gynhelir gydymffurfio â'r gofynion yn Atodlen 5.

Tabl A

Categoriâu Bwyd
Diodydd wedi eu seilio ar laeth neu iogyrtiau
Grawnfwydydd – heb eu caenu na'u cyflasu naill ai ar eu pen eu hunain neu mewn cyfuniad â siwgr, neu siocled, neu bowdr coco.
Ffrwythau a llysiau
Bara a haenau ar ben y bara

SCHEDULE 1
BREAKFAST IN MAINTAINED
SCHOOLS

Regulation 4

1. The requirements in this Schedule apply where school breakfast is provided in maintained schools.

2. Only foods from the categories in Table A must be available on each school day.

3. Milk based drinks provided to pupils in maintained schools or persons on the premises of maintained schools must comply with the requirements in Schedule 5.

Table A

Food Categories
Milk based drinks or yoghurts
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder.
Fruit and vegetables
Breads and toppings

ATODLEN 2

CINIO MEWN YSGOLION MEITHRIN A GYNHELIR

Rheoliad 5

1. Ar bob diwrnod ysgol rhaid i fwyd o bob un o'r categorïau bwyd yn Nhabl B fod yn rhan o'r cinio ysgol a ddarperir mewn ysgolion meithrin a gynhelir.

2. Rhaid i laeth a ddarperir i ddisgyblion mewn ysgolion meithrin a gynhelir neu i bersonau ar fangreoddd ysgolion meithrin a gynhelir gydymffurfio â'r gofynion yn Atodlen 5.

Tabl B

Categori Bwyd	Bwydydd sydd wedi eu cynnwys yn y categori
Ffrwythau a llysiau	Ffrwythau a llysiau ar bob ffurf p'un ai'n rhai ffres, wedi eu rhewi, wedi eu sychu neu ar ffurf sudd ond gan eithrio ffrwythau tun mewn surop.
Cig, pysgod a ffynonellau protein eraill nad ydynt yn gynhyrchion llaeth.	Cig a physgod ar bob ffurf p'un ai'n rhai ffres, wedi eu rhewi, mewn tuniau neu wedi eu sychu gan gynnwys cynhyrchion cig neu bysgod, wyau, cnau, corbys a ffa, ac eithrio ffa gwyrdd.
Bwydydd startslyd	Bara, siapatis, pasta, nwdls, reis, tatws, tatws melys, iamau, miled, a blawd india corn.
Bwydydd llaeth a llaeth	Llaeth, iogwrt (gan gynnwys iogwrt wedi ei rewi ac iogwrt i'w yfed), fromage frais, cwstard a chaws, ond gan eithrio menynd a hufen.

SCHEDULE 2

LUNCH IN MAINTAINED NURSERY SCHOOLS

Regulation 5

1. On each school day food from each of the food categories in Table B must form part of the school lunch provided in maintained nursery schools.

2. Milk provided to pupils in maintained nursery schools or persons on the premises of maintained nursery schools must comply with the requirements in Schedule 5.

Table B

Food Category	Foods included in category
Fruit and vegetables	Fruit and vegetables in all forms whether fresh, frozen, dried or in the form of juice but excluding fruit canned in syrup.
Meat, fish and other non dairy sources of protein	Meat and fish in all forms whether fresh, frozen, canned or dried including meat or fish products, eggs, nuts, pulses and beans, other than green beans.
Starchy foods	Bread, chapatis, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.
Dairy foods and milk	Milk, yoghurt (including frozen yoghurt and drinking yoghurt), fromage frais, custard and cheese, but excluding butter and cream.

ATODLEN 3

CINIO MEWN YSGOLION CYNRADD AC UWCHRADD A GYNHELIR

Rheoliad 6

1. Mae'r gofynion yn yr Atodlen hon yn gymwys i ginio ysgol a ddarperir mewn ysgolion cynradd ac uwchradd oni nodir yn wahanol.

Llysiau

2.—(1) Rhaid darparu o leiaf un dogn o lysiau neu salad bob dydd mewn ysgolion cynradd.

(2) Rhaid darparu o leiaf dau ddogyn o lysiau neu salad bob dydd mewn ysgolion uwchradd.

(3) At ddibenion is-baragraffau (1) a (2), nid yw “llysiau” yn cynnwys tatws.

Ffrwythau

3.—(1) Rhaid darparu o leiaf un dogn o ffrwythau, salad ffrwythau neu sudd ffrwythau bob diwrnod.

(2) Rhaid darparu melysfwyd sydd wedi ei seilio ar ffrwythau o leiaf ddwywaith bob wythnos.

(3) Rhaid i ddogyn o felysfwyd sydd wedi ei seilio ar ffrwythau gynnwys, o ran y ffrwythau sydd ynddo—

- (a) mewn ysgolion cynradd, o leiaf 40 gram o’u mesur yn ôl pwysau’r cynhwysion amrwd;
- (b) mewn ysgolion uwchradd, o leiaf 60 gram o’u mesur yn ôl pwysau’r cynhwysion amrwd.

Pysgod

4.—(1) Yn ddarostyngedig i is-baragraff (2), rhaid darparu dogn o bysgod—

- (a) o leiaf unwaith yr wythnos mewn ysgolion cynradd; a
- (b) o leiaf ddwywaith yr wythnos mewn ysgolion uwchradd.

(2) Rhaid darparu dogn o bysgod olewog o leiaf ddwywaith yn ystod unrhyw gyfnod o bedair wythnos.

Tatws a chynhyrchion tatws

5.—(1) Ni chaniateir i datws a chynhyrchion tatws sydd wedi eu coginio mewn braster neu olew gael eu darparu fwy na dwywaith bob wythnos.

(2) Pan ddarperir tatws neu gynhyrchion tatws o dan baragraff (1) mewn ysgolion uwchradd, rhaid darparu

SCHEDULE 3

LUNCH IN MAINTAINED PRIMARY AND SECONDARY SCHOOLS

Regulation 6

1. The requirements in this Schedule apply to school lunch provided in primary and secondary schools unless otherwise stated.

Vegetables

2.—(1) At least one portion of vegetables or salad must be provided each day in primary schools.

(2) At least two portions of vegetables or salad must be provided each day in secondary schools.

(3) For the purposes of sub-paragraphs (1) and (2), “vegetables” excludes potatoes.

Fruit

3.—(1) At least one portion of fruit, fruit salad or fruit juice must be provided each day.

(2) A fruit based dessert must be provided at least twice each week.

(3) A portion of a fruit based dessert must contain fruit content—

- (a) in primary schools, of at least 40 grams measured by the weight of the raw ingredients;
- (b) in secondary schools, of at least 60 grams measured by the weight of the raw ingredients.

Fish

4.—(1) Subject to sub-paragraph (2), a portion of fish must be provided—

- (a) at least once each week in primary schools; and
- (b) at least twice each week in secondary schools.

(2) A portion of oily fish must be provided at least twice during any four week period.

Potato and potato products

5.—(1) A portion of potato or potato product which is cooked in fat or oil must not be provided more than twice each week.

(2) Where a potato or potato product under paragraph (1) is provided in secondary schools, an

hefyd fwyd startslyd amgenach sydd heb ei goginio mewn braster neu olew.

Bwyd sydd wedi ei ddwys-ffrio neu ei ffrio'n sydyn

6.—(1) Ni chaniateir i ddogn bwyd, gan gynnwys cynhyrchion bwyd sydd wedi eu paratoi, eu caenu, eu rhoi mewn cyteu a'r rhai sydd wedi eu gorchuddio â briwsion bara, sydd wedi eu dwys-ffrio neu eu ffrio'n sydyn ar fangre ysgol neu yn ystod y broses weithgynhyrchu, gael ei ddarparu fwy na dwywaith bob wythnos.

(2) Nid yw'r bwyd yn is-baragraff (1) yn cynnwys tatws na chynhyrchion tatws.

Cig

7. Rhaid darparu cig—

- (a) ar o leiaf ddau ddiwrnod bob wythnos mewn ysgolion cynradd;
- (b) ar o leiaf dri diwrnod bob wythnos mewn ysgolion uwchradd.

Cynhyrchion Cig

8.—(1) Ni chaniateir i fwy na dau gynnyrch cig gael eu darparu bob wythnos.

(2) Ni chaniateir i gynhyrchion cig a ddarperir o dan baragraff (1) gael eu gweini fwy na dwywaith bob wythnos.

(3) At ddibenion paragraffau (1) a (2), nid yw cynnyrch cig yn cynnwys "*luncheon meat*".

(4) Rhaid i gynhyrchion cig gan gynnwys "*luncheon meat*" fodloni'r lefelau isaf ar gyfer y cynnwys o ran cig a nodir yn Atodlen 2 i'r Rheoliadau Cynhyrchion Cig.

(5) Ni chaniateir i unrhyw gynnyrch cig gael ei ddarparu os yw'n cynnwys unrhyw ran o'r carcass a restrir yn rheoliad 6(2) o'r Rheoliadau Cynhyrchion Cig, yn ddarostyngedig i'r eithriad yn rheoliad 6(3) o'r Rheoliadau hynny.

(6) Ni chaniateir i "economy burgers" fel y'u diffinnir yn Atodlen 2 i'r Rheoliadau Cynhyrchion Cig gael eu darparu.

(7) Dim ond os bydd unrhyw gynnyrch cig sydd wedi ei siapio ac sydd wedi ei gyfansoddi o gymysgedd o gig a chynhwysion eraill ac nad yw wedi ei gynnwys yn y disgrifiadau neilltuedig a bennir yn Atodlen 2 i'r Rheoliadau Cynhyrchion Cig yn cydymffurfio â'r gofynion ynghylch y cynnwys o ran cig ar gyfer "Burger" yn yr Atodlen honno y caniateir ei ddarparu.

alternative starchy food that is not cooked in fat or oil must also be provided.

Deep-fried or flash-fried food

6.—(1) A portion of food, including prepared, coated, battered and breaded food products, deep-fried or flash-fried on school premises or during the manufacturing process must not be provided more than twice each week.

(2) Food in sub-paragraph (1) does not include potato and potato products.

Meat

7. Meat must be provided—

- (a) in primary schools on at least two days each week;
- (b) in secondary schools on at least three days each week.

Meat Products

8.—(1) No more than two meat products are to be provided each week.

(2) A meat product provided under paragraph (1) must not be served more than twice each week.

(3) For the purposes of paragraphs (1) and (2), meat product does not include luncheon meat.

(4) Meat products including luncheon meat must meet the minimum meat content levels set out in Schedule 2 to the Meat Product Regulations.

(5) No meat product must be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations.

(6) No economy burgers as defined in Schedule 2 to the Meat Products Regulations must be provided.

(7) Any shaped meat product consisting of a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Product Regulations may only be provided if it complies with the meat content requirements for "Burger" in that Schedule.

Melysion a byrbrydau sawrus

9. Ni chaniateir i unrhyw felysion na byrbrydau sawrus gael eu darparu.

Cacennau a bisgedi

10. Ni chaniateir i gacennau a bisgedi gynnwys unrhyw felysion.

Halen a chynfennau

11.—(1) Ni chaniateir i halen fod ar gael i ddisgyblion ei ychwanegu at y bwyd ar ôl i'r broses goginio gael ei chwblhau.

(2) Ni chaniateir i ddogn unrhyw un neu rai o'r cynfennau a roddir ar gael i ddisgyblion fod yn fwy na 10ml.

Confectionary and savoury snacks

9. No confectionery or savoury snacks may be provided.

Cakes and biscuits

10. Cakes and biscuits must not contain any confectionery.

Salt and condiments

11.—(1) No salt must be available to pupils to add to food after the cooking process is complete.

(2) The portion of any condiment made available to pupils must not exceed 10ml.

ATODLEN 4

Y SAFONAU MAETH AR GYFER CINIO YSGOL MEWN YSGOLION CYNRADD AC UWCHRADD A GYNHELIR

Rheoliad 6

1. Yn yr Atodlen hon—

mae i “cinio ysgol cyfartalog” (“*average school lunch*”) yr ystyr a roddir iddo gan baragraff 2 (1);

ystyr “grŵp o ysgolion” (“*group of schools*”) yw dwy neu fwy o ysgolion sy'n darparu addysg ar gyfer disgyblion o'r un ystod oedran ac sydd, pan fo'r ysgolion yn darparu addysg uwchradd, i gyd yn ysgolion cydaddysgol, i gyd yn ysgolion un rhyw i fechgyn neu i gyd yn ysgolion un rhyw i ferched;

ystyr “maethyn” (“*nutrient*”) yw unrhyw sylwedd a restrir yn Nhabl C.

ystyr “siwgrau anghynhenid nad ydynt yn deillio o laeth” (“*non-milk extrinsic sugars*”) yw unrhyw siwgrau nad ydynt wedi eu cynnwys o fewn muriau celloedd, ac eithrio lactos mewn llaeth a chynhyrchion llaeth; ac

2.—(1) Yn ddarostyngedig i is-baragraff (2), rhaid cyfrifo'r cinio ysgol cyfartalog ar gyfer ysgol neu grŵp o ysgolion yn unol â'r fformiwla canlynol:—

(A / B) / C

Ac—

“A” yw cyfanswm y cynnwys o ran egni a maethynnau a ddarperir ym mhob cinio ysgol a weinwyd yn ystod wythnos ysgol;

“B” yw nifer amcangyfrifedig y ciniawau ysgol a weinwyd i ddisgyblion yn ystod yr wythnos ysgol honno; ac

“C” yw nifer y diwrnodau yn yr wythnos ysgol.

(2) Rhaid i grŵp o ysgolion ddefnyddio'r fformiwla yn is-baragraff (1) os yr un peth yw'r cinio ysgol a ddarperir ym mhob ysgol yn y grŵp.

3. Rhaid i ginio ysgol cyfartalog ddarparu—

(a) swm o egni y mae'n rhaid iddo fod naill ai'r un peth â'r ffigur a welir yn Nhabl C neu o fewn 5% i'r ffigur hwnnw;

(b) dim mwy na'r uchafsymiau o fraster, braster dirlawn, siwgrau anghynhenid nad ydynt yn deillio o laeth a sodiwm a welir yn Nhabl C; ac

SCHEDULE 4

NUTRITIONAL STANDARDS FOR LUNCH IN MAINTAINED PRIMARY AND SECONDARY SCHOOLS

Regulation 6

1. In this Schedule—

“average school lunch” (“*cinio ysgol cyfartalog*”) has the meaning given by paragraph 2 (1);

“group of schools” (“*grŵp o ysgolion*”) means two or more schools providing education for the same age range of pupils and which, where the schools provide secondary education, are either all co-educational, all boys' single sex or all girls' single sex;

“non-milk extrinsic sugars” (“*siwgrau anghynhenid nad ydynt yn deillio o laeth*”) means any sugar which is not contained within cell walls, except lactose in milk and milk products; and

“nutrient” (“*maethyn*”) means any substance listed in Table C.

2.—(1) Subject to sub-paragraph (2), the average school lunch for a school or a group of schools must be calculated in accordance with the following formula:—

(A / B) / C

Where—

“A” is the total amount of energy and nutrient content provided in all school lunches served in the course of a school week;

“B” is the estimated number of school lunches served to pupils during that school week; and

“C” is the number of days in the school week.

(2) A group of schools must use the formula in sub-paragraph (1) where school lunch provided at each school in the group is the same.

3. The average school lunch must provide—

(a) an amount of energy which must be either the figure shown in Table C or within 5% of that figure;

(b) no more than the maximum amounts of fat, saturated fat, non-milk extrinsic sugars and sodium shown in Table C; and

(c) o leiaf yr isafswm o'r holl faethynnau eraill a welir yn Nhabl C.

(c) at least the minimum amount of all other nutrients shown in Table C.

TABL C

Maethyn	Isafswm neu Uchafswm	Cinio ysgol a ddarperir mewn ysgolion cynradd	Cinio ysgol a ddarperir mewn ysgolion uwchradd		
			Cydaddysgol	Un rhyw i ferched	Un rhyw i fechgyn
Egni (cilocaloriau)	+/- 5%	530	646	577	714
Cyfanswm y braster (gramau)	Uchafswm	20.6	25.1	22.5	27.8
Braster dirlawn (gramau)	Uchafswm	6.5	7.9	7.1	8.7
Cyfanswm carbohydrad (gramau)	Isafswm	70.6	86.1	77	95.2
Siwgrau anghynhenid nad ydynt yn deillio o laeth (gramau)	Uchafswm	15.5	18.9	16.9	20.9
Ffibr (gramau)	Isafswm	4.2	5.2	4.6	5.7
Protein (gramau)	Isafswm	7.5	13.3	12.7	13.8
Haearn (miligramau)	Isafswm	3	4.4	4.4	3.4
Sinc (miligramau)	Isafswm	2.5	2.8	2.7	2.8
Calsiwm (miligramau)	Isafswm	193	300	240	300
Fitamin A (microgramau)	Isafswm	175	245	210	245
Fitamin C (miligramau)	Isafswm	10.5	14	14	14
Ffolad (microgramau)	Isafswm	53	70	70	70
Sodiwm (miligramau)	Uchafswm	499	714	714	714

ATODLEN 5
DIODYDD A DDARPERIR MEWN YSGOLION A GYNHELIR

Rheoliad 7

Mae'r gofynion yn Nhabl D yn gymwys i ddiodydd a ddarperir mewn ysgolion cynradd ac uwchradd a gynhelir ac ysgolion meithrin a gynhelir.

Tabl D

(1) Y Cynnyrch	(2) Ysgolion meithrin	(3) Ysgolion cynradd	(4) Ysgolion uwchradd	(5) Y gofyniad gorfodol ar gyfer y cynnyrch	(6) Y gofyniad disgrisiynol ar gyfer y cynnyrch
Diodydd unigol					
Dŵr plaen – (llonydd neu befrïog)	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Dim sylweddau wedi eu hychwanegu.	Dim.
Llaeth plaen	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Dim sylweddau wedi eu hychwanegu. Rhaid i laeth a ddarperir mewn ysgolion meithrin fod yn laeth cyflawn neu'n llaeth hanner-sgim.	Dim.
				Rhaid i laeth a ddarperir mewn ysgolion cynradd ac uwchradd fod yn llaeth hanner-sgim neu'n llaeth sgim.	

Sudd ffrwythau neu sudd llysiâu (llonydd neu befrïog)	Dim ond os yw'n rhan o frecwast neu ginio ysgol ac os yw'n bodloni'r gofyniad yng ngholofn 5 y caniateir y ddiiod.	Dim ond os yw'n rhan o frecwast neu ginio ysgol ac os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd a restrir yng ngholofn 6.	Caniateir i siwgr gael ei ychwanegu at sudd ffrwythau, ac eithrio unrhyw suddoedd a baratoir o rawnwin neu ellyg, ond dim ond er mwyn rheoleiddio blas asidig mewn maint (a fynegir fel mater sych) nad yw'n fwy na 15 gram y litr o sudd(1).
Diodydd soia plaen, reis plaen neu geirch plaen	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd yng ngholofn 6.	Cânt gynnwys calsiwm sydd wedi ei ychwanegu.
Diodydd cyfunol					
Sudd ffrwythau neu sudd llysiâu wedi ei gyfuno â dŵr plaen (llonydd neu befrïog)	Dim ond os yw'n rhan o frecwast neu ginio ysgol ac os yw'n bodloni'r gofyniad yng ngholofn 5 y caniateir y ddiiod.	Dim ond os yw'n rhan o frecwast neu ginio ysgol ac os yw'n bodloni'r gofyniad yng ngholofn 5.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Rhaid i'r ddiiod gynnwys isafswm o 50% o sudd ffrwythau neu sudd llysiâu. Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd yng ngholofn 6.	Caiiff gynnwys lliwiau, cyflasynnau ac ychwanegion eraill megis cadwolion, gwrthocsidyddion a sefydlogyddion yn unol â'r Rheoliadau Undeb Ewropeaidd perthnasol a ddiffiniwyd yn rheoliad 2 o'r Rheoliadau hyn.
Sudd ffrwythau neu sudd llysiâu wedi ei gyfuno â llaeth plaen neu iogwrt plaen.	Ni chaniateir y ddiiod.	Ni chaniateir y ddiiod.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Rhaid iddo fod yn llaeth hanner-sgim neu'n llaeth sgim. Rhaid i laeth neu iogwrt fod o leiaf 50% o laeth yn ôl cyfaint.	Caiiff gynnwys lliwiau, cyflasynnau ac ychwanegion eraill megis cadwolion, gwrthocsidyddion a sefydlogyddion yn unol â'r Rheoliadau Undeb Ewropeaidd perthnasol a ddiffiniwyd yn

(1) Fel y'i caniateir gan baragraff 3(a) o Atodlen 3 i O.S. 2003/3041 (Cy.286) (fel y'i diwygiwyd gan O.S. 2011/700 Cy.107)).

					Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd yng ngholofn 6.	rheoliad 2 o'r Rheoliadau hyn. Caiff gynnwys llai na 5% o siwgrau wedi eu hychwanegu neu fêl wedi ei ychwanegu. Caiff gynnwys fitaminau a mwynau.
Sudd ffrwythau neu sudd llysiâu wedi ei gyfuno â diodydd soia, reis plaen neu geirch plaen.	Ni chaniateir y ddiiod.	Ni chaniateir y ddiiod.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Rhaid i'r ddiiod gynnwys isafswm o 50% o ddiiod soia, reis neu geirch yn ôl cyfaint. Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd yng ngholofn 6.	Caiff gynnwys lliwiau, cyflasynnau ac ychwanegion eraill megis cadwolion, gwrthocsidyddion a sefydlogyddion yn unol â'r Rheoliadau Undeb Ewropeaidd perthnasol a ddiffiniwyd yn rheoliad 2 o'r Rheoliadau hyn. Caiff gynnwys llai na 5% o siwgrau wedi eu hychwanegu neu fêl wedi ei ychwanegu. Caiff gynnwys fitaminau a mwynau.	
Diodydd llaeth, iogwrt neu soia, reis neu geirch â chyflas.	Ni chaniateir y ddiiod.	Ni chaniateir y ddiiod.	Caniateir y ddiiod os yw'n bodloni'r gofyniad yng ngholofn 5.	Rhaid i'r llaeth fod yn hanner-sgim neu'n llaeth sgim. Rhaid i'r ddiiod llaeth neu iogwrt neu soia, reis neu geirch fod o leiaf 90% yn ôl cyfaint. Dim sylweddau wedi eu hychwanegu ac eithrio sylwedd yng ngholofn 6.	Caiff gynnwys lliwiau, cyflasynnau ac ychwanegion eraill megis cadwolion, gwrthocsidyddion a sefydlogyddion yn unol â'r Rheoliadau Undeb Ewropeaidd perthnasol a ddiffiniwyd yn rheoliad 2 o'r Rheoliadau hyn. Caiff gynnwys llai na 5% o siwgrau wedi eu hychwanegu neu fêl wedi ei ychwanegu. Caiff gynnwys fitaminau a mwynau.	

ATODLEN 6
BWYDYDD ERAILL A DDARPERIR MEWN YSGOLION A GYNHELIR

Rheoliad 8

Mae'r gofynion yn Nhabl E yn gymwys i fwyd a ddarperir ar wahân i freewast ysgol neu ginio ysgol.

Tabl E

Cynnyrch	Ysgolion meithrin	Ysgolion cynradd	Ysgolion uwchradd
Ffrwythau a Llystiau	Rhaid i'r cynnyrch fod ar gael mewn unrhyw fan ar fangre ysgol lle y darperir bwyd.	Rhaid i'r cynnyrch fod ar gael mewn unrhyw fan ar fangre ysgol lle y darperir bwyd.	Rhaid i'r cynnyrch fod ar gael mewn unrhyw fan ar fangre ysgol lle y darperir bwyd.
Halen	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.
Cynfennau	Ni chaniateir y cynnyrch.	Ni chaniateir i ddogyn unrhyw un neu rai o'r cynfennau a roddir ar gael fod yn fwy na 10ml.	Ni chaniateir i ddogyn unrhyw un neu rai o'r cynfennau a roddir ar gael fod yn fwy na 10ml.
Melysion	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.
Byrbrydau sawrus	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.
Cacennau a bisgedi	Ni chaniateir y cynnyrch.	Ni chaniateir y cynnyrch.	Dim ond os yw'r cynnyrch yn bodloni'r gofynion canlynol y caniateir ei ddarparu: (a) ei fod wedi ei ganiatáu o dan baragraff 10 o Atodlen 3; a (b) ei fod yn cydymffurfio ag Atodlen 4.

Tatws a chynhyrchion tatws	Ni chaniateir y cynnyrch.	Dim ond os yw'r cynnyrch yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 5(1) o Atodlen 3 y caniateir ei ddarparu.	Dim ond os yw'r cynnyrch yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 5(1) o Atodlen 3 y caniateir ei ddarparu.
Bwyd sydd wedi ei ddwysffrio neu ei ffrio'n sydyn (gan eithrio tatws)	Ni chaniateir y cynnyrch.	Dim ond os yw'r cynnyrch yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 6 o Atodlen 3 y caniateir ei ddarparu.	Dim ond os yw'r cynnyrch yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 6 o Atodlen 3 y caniateir ei ddarparu.
Cynhyrchion Cig	Ni chaniateir y cynnyrch.	Dim ond os yw'r cynnyrch yn bodloni'r gofynion canlynol y caniateir ei ddarparu: (a) ei fod yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 8(1) a (2) o Atodlen 3; a (b) ei fod yn cydymffurfio â'r gofynion o dan baragraff 8(3) i (7) o Atodlen 3.	Dim ond os yw'r cynnyrch yn bodloni'r gofynion canlynol y caniateir ei ddarparu: (a) ei fod yn cael ei drin fel cynnyrch a ganiateir o dan baragraff 8(1) a (2) o Atodlen 3; a (b) ei fod yn cydymffurfio â'r gofynion o dan baragraff 8(3) i (7) o Atodlen 3.

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TABLE C

Nutrient	Minimum or Maximum	School lunch provided in primary schools	School lunch provided in secondary schools		
			Co-educational	Single Sex Girls'	Single Sex Boys'
Energy (kilo calories)	+/- 5%	530	646	577	714
Total fat (grams)	Max	20.6	25.1	22.5	27.8
Saturated fat (grams)	Max	6.5	7.9	7.1	8.7
Total carbohydrate (grams)	Min	70.6	86.1	77	95.2
Non-milk extrinsic sugars (grams)	Max	15.5	18.9	16.9	20.9
Fibre (grams)	Min	4.2	5.2	4.6	5.7
Protein (grams)	Min	7.5	13.3	12.7	13.8
Iron (milligrams)	Min	3	4.4	4.4	3.4
Zinc (milligrams)	Min	2.5	2.8	2.7	2.8
Calcium (milligrams)	Min	193	300	240	300
Vitamin A (micrograms)	Min	175	245	210	245
Vitamin C (milligrams)	Min	10.5	14	14	14
Folate (micrograms)	Min	53	70	70	70
Sodium (milligrams)	Max	499	714	714	714

SCHEDULE 5
DRINKS PROVIDED IN MAINTAINED SCHOOLS

Regulation 7

The requirements in Table D apply to drinks provided in maintained primary and secondary schools and maintained nursery schools.

Table D

(1) Product	(2) Nursery schools	(3) Primary schools	(4) Secondary schools	(5) Mandatory Requirement for product	(6) Discretionary requirement for product
Single drinks					
Plain water (still or carbonated)	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	No added substances.	None.
Plain milk	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	No added substances. Milk provided in nursery schools must be whole milk or semi-skimmed milk. Milk provided in primary and secondary schools must be semi-skimmed milk or skimmed milk.	None.

Fruit juice or vegetable juice (still or carbonated)	Drink permitted only as part of school breakfast or school lunch and if it satisfies the requirement in column 5.	Drink permitted only as part of school breakfast or school lunch and if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 6.	Sugar may be added to fruit juice, other than any prepared from grapes or pears, but only for the purpose of regulating acidic taste in an amount (expressed as dry matter) not exceeding 15 grams per litre of juice(1).
Plain soya, plain rice or plain oat drinks	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	No added substances other than a substance in column 6.	May contain added calcium.
Combination drinks					
Fruit juice or vegetable juice combined with plain water (still or carbonated)	Drink permitted only as part of school breakfast or school lunch and if it satisfies the requirement in column 5.	Drink permitted only as part of school breakfast or school lunch and if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	Must contain a minimum of 50% fruit juice or vegetable juice. No added substances other than a substance in column 6.	May contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers in accordance with the relevant European Union Regulations defined in regulation 2 of these Regulations.
Fruit juice or vegetable juice combined with plain milk or plain yoghurt.	Drink not permitted.	Drink not permitted.	Drink permitted if it satisfies the requirement in column 5.	Milk must be semi-skimmed or skimmed. Milk or yoghurt must be at least 50% milk by volume.	May contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers in accordance with the relevant European Union Regulations defined in regulation 2 of these Regulations.

(1) As permitted by paragraph 3(a) of Schedule 3 to S.I.2003/3041(W.286)(as amended by S.I.2011/700 (W.107)).

				<p>No added substances other than a substance in column 6.</p>	<p>May have less than 5% added sugar or honey added. May contain vitamins and minerals.</p>
<p>Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.</p>	<p>Drink not permitted.</p>	<p>Drink not permitted.</p>	<p>Drink permitted if it satisfies the requirement in column 5.</p>	<p>Must contain a minimum of 50% soya, rice or oat drink by volume. No added substances other than a substance in column 6.</p>	<p>May contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers in accordance with the relevant European Union Regulations defined in regulation 2 of these Regulations. May have less than 5% added sugars or honey added. May contain vitamins and minerals.</p>
<p>Flavoured milk, yoghurt or soya, rice or oat drinks.</p>	<p>Drink not permitted.</p>	<p>Drink not permitted.</p>	<p>Drink permitted if it satisfies the requirement in column 5.</p>	<p>Milk must be semi-skimmed or skimmed. Milk or yoghurt or soya, rice or oat drink must be at least 90% by volume. No added substances other than a substance in column 6.</p>	<p>May contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers in accordance with the relevant European Union Regulations defined in regulation 2 of these Regulations. May have less than 5% added sugars or honey added. May contain vitamins and minerals.</p>

Blended drinks A drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.	Drink permitted only as part of school lunch and if it satisfies the requirement in column 5.	Drink permitted only as part of school lunch and if it satisfies the requirement in column 5.	Drink permitted if it satisfies the requirement in column 5.	No added substances other than a substance in column 6.	A blended drink may contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers in accordance with the relevant European Union Regulations defined in regulation 2 of these Regulations.
Hot drinks Tea or coffee	Drink not permitted.	Drink not permitted.	Drink permitted if it satisfies the requirement in column 5.	No added substances other than a substance in column 6.	May contain semi-skimmed or skimmed milk.
Hot chocolate	Drink not permitted.	Drink not permitted.	Drink permitted if it satisfies the requirement in column 5.	Must be made with plain water, or plain milk (semi-skimmed or skimmed) or plain soya, plain rice or plain oat drink. Drink must not exceed 250ml in volume. No added substances other than a substance in column 6.	May contain vitamins and minerals. May have less than 5% added sugars or honey added.

SCHEDULE 6
OTHER FOOD PROVIDED IN MAINTAINED SCHOOLS

Regulation 8

The requirements in Table E apply to food provided otherwise than as school breakfast or school lunch.

Table E

Product	Nursery schools	Primary schools	Secondary schools
Fruit and Vegetables	Product must be available in any place on school premises where food is provided.	Product must be available in any place on school premises where food is provided.	Product must be available in any place on school premises where food is provided.
Salt	Product not permitted.	Product not permitted.	Product not permitted.
Condiments	Product not permitted.	The portion of any condiment made available must not exceed 10ml.	The portion of any condiment made available must not exceed 10ml.
Confectionary	Product not permitted.	Product not permitted.	Product not permitted.
Savoury snacks	Product not permitted.	Product not permitted.	Product not permitted.
Cakes and Biscuits	Product not permitted.	Product not permitted.	Product may only be provided if product: (a) is permitted under paragraph 10 of Schedule 3; and (b) complies with Schedule 4.

Potato and Potato products	Product not permitted.	Product may only be provided if it is treated as being a product permitted under paragraph 5(1) of Schedule 3.	Product may only be provided if it is treated as being a product that is permitted under paragraph 5(1) of Schedule 3.
Deep-fried or flash-fried food (excludes potatoes)	Product not permitted.	Product may only be provided if it is treated as being a product that is permitted under paragraph 6 of Schedule 3.	Product may only be provided if it is treated as being a product that is permitted under paragraph 6 of Schedule 3.
Meat products	Product not permitted.	Product may only be provided if: (a) it is treated as being a product that is permitted under paragraph 8(1) and (2) of Schedule 3; and (b) complies with the requirements under paragraph 8(3) to (7) of Schedule 3.	Product may only be provided if: (a) it is treated as being a product that is permitted under paragraph 8(1) and (2) of Schedule 3; and (b) complies with the requirements under paragraph 8(3) to (7) of Schedule 3.

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