



## **Wenn's Dietary Needs**

Dr. Wenn Lawson has Coeliac's Disease (CD) and must eat gluten free foods.

Wenn has particular tastes though and only enjoys certain foods and certain food combinations. These are:

### **Breakfast**

Please choose from the following Foods: Gluten free cornflakes, gluten free bread (toasted), butter, gluten free marmalade, peanut butter, eggs, bacon (smoked) baked beans, gluten free hash browns, fried potatoes, fruit.

### **Snacks**

Fruit, gluten free biscuits (Choc-Chip), gluten free potato chips, yoghurt, fruit jellies

### **Lunch**

Lettuce, tomatoes, cheese, gluten free ham, cooked chicken, potatoes, beetroot, gluten free fried potatoes, gluten free tomato soup, gluten free potato and leek soup, baked beans with gluten free toasted bread.

### **Dinner**

Gluten free meals: fish (not cod, fresh tuna or shell fish) chicken (free range) potatoes (any style), carrots, peas, swede, cabbage, cauliflower, broccoli, minced beef, gluten free beef burgers, chips, eggs and baked beans. Cheese, ham (gluten free) fruit, liver, roast beef, pork or gluten free sausages (not spicy) mild curries (gluten free) Chicken Korma, gluten free pasta with gluten free sauces.

### **Desserts**

Yoghurts, jellies, custards, fruit, pies, icecream, must be **all** gluten free

**Please don't assume any product is gluten free... Always check labels!**

**Thank you.**