

PRESCRIPTION REQUEST FOR GLUTEN-FREE FOODS

Patient Name: _____

Patient's address and postcode: _____

Usual GP: _____

Monthly allowance is 8 units per month of bread, bread mix or flour only.

400g bread (loaves, rolls, baguettes) = 1 unit 500g flour/bread mix = 2 units

Please note that fresh bread is supplied in boxes of 6 or 8, therefore if fresh bread is requested **this cannot be mix and matched with other products and will constitute the full monthly allowance** (fresh bread may be frozen at home). Please indicate the quantity required for each item, **up to a maximum of 8 units per month:**

Fresh bread Can only be ordered in boxes of 6 or 8 loaves/packs of rolls = full monthly allowance	Number of units	Quantity required
JUVELA gluten free:		
Fresh White Loaf Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh Fibre Loaf Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh Fibre Rolls, (pack of 5 rolls = 425g) (Box of 8 packs of 425g)	8	
Fresh White Rolls, (pack of 5 rolls = 425g) (Box of 8 packs of 425g)	8	
Fresh Fibre Loaves Sliced (4x400g) plus Fresh Fibre Rolls (4 packs of 425g)	8	
Fresh White Loaves Sliced (4x400g) plus Fresh White Rolls (4 packs of 425g)	8	
GLUTAFIN gluten free SELECT:		
Fresh Brown Loaf Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh White Loaf Sliced, 400g (Box of 8 loaves of bread)	8	
GENIUS gluten free		
Brown Bread Sliced, 400g (Box of 8 loaves of bread)	8	
White Bread Sliced, 400g (Box of 8 loaves of bread)	8	
Brown Bread Unsliced, 400g (Box of 8 loaves of bread)	8	
White Bread Unsliced, 400g (Box of 8 loaves of bread)	8	
White Sandwich Bread Sliced, 535g (Box of 6 loaves of bread)	8	
Brown Sandwich Bread Sliced, 535g (Box of 6 loaves of bread)	8	
Bloomer (white), 240g (Box of 8 loaves of bread)	4	
LIFESTYLE gluten free:		
Fresh Brown Bread Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh White Bread Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh High Fibre Bread Sliced, 400g (Box of 8 loaves of bread)	8	
Fresh Brown Bread Rolls (pack of 5 rolls = 400g) (Box of 8 packs of 400g)	8	
Fresh High Fibre Bread Rolls (pack of 5 rolls = 400g) (Box of 8 packs of 400g)	8	
Fresh White Bread Rolls (pack of 5 rolls = 400g) (Box of 8 packs of 400g)	8	
WARBURTONS gluten free:		
White Bread Sliced, 400g (Box of 4 loaves of bread)	4	
Brown Bread Sliced, 400g (Box of 4 loaves of bread)	4	
Brown Rolls (pack of 3 sub rolls = 220g) (Box of 4 packs of 220g)	2	
White Rolls (pack of 3 sub rolls = 220g) (Box of 4 packs of 220g)	2	
White Baguette (pack of 2 baguettes = 160g) (Box of 4 packs of 160g)	2	
White Thin Rolls (pack of 4 rolls = 232g) (Box of 4 packs of 232g)	2	
WELLFOODS		
Fresh Loaf 600g (Box of 6 loaves of bread)	8	
Fresh Sliced Loaf 600g (Box of 6 loaves of bread)	8	

Long life bread/rolls/baguettes:	Number of units	Quantity required
BARKAT gluten free:		
Brown Rice Bread (sliced) 500g	1	
White Rice Bread (sliced) 500g	1	
Wheat Free Multigrain Bread (sliced) 500g	1	
Wholemeal Bread Sliced, 500g	1	
Par Baked Bread Rolls (pack of 2 large rolls =200g)	0.5	
Par Baked Bread Rolls (pack of 6 rolls= 300g)	1	
Par Baked White Bread Sliced 300g	1	
Par Baked White Bread Sliced, (large loaf, 550g)	1.5	
Par Baked Country Loaf Sliced, 250g	0.5	
Par Baked Baguette 200g	0.5	
Home Fresh Par Baked Baguette 200g	0.5	
ENER-G gluten free:		
Brown Rice Bread 474g	1	
Low Protein Rice Bread 600g	1.5	
Rice Loaf 612g	1.5	
Seattle Brown Loaf 454g	1	
Tapioca Bread 480g	1	
White Rice Bread 456g	1	
Dinner Rolls (Pack of 6 rolls= 280g)	1	
Seattle Brown Hamburger Rolls (Pack of 4 rolls = 320g)	1	
Seattle Brown Hot Dog Rolls (Pack of 4 rolls = 320g)	1	
GLUTAFIN gluten free:		
Fibre Loaf Sliced, 400g	1	
White Loaf Sliced, 400g	1	
2 Baguettes (Part baked, pack of 2 =350g)	1	
Part Baked 4 Fibre Rolls 200g	0.5	
4 White Rolls 200g	0.5	
Select Fibre Loaf Sliced, 400g	1	
Select Seeded Loaf Sliced, 400g	1	
Select White Loaf Sliced, 400g	1	
Part Baked 2 Long White Rolls 150g	0.5	
Part Baked 4 White Rolls 200g	0.5	
JUVELA gluten free:		
Fibre Loaf Unsliced 400g	1	
Fibre Loaf Sliced 400g	1	
Loaf Unsliced 400g (white)	1	
Loaf Sliced 400g (white)	1	
Part Baked Loaf 400g (white)	1	
Part Baked Fibre Loaf 400g	1	
Fibre Bread Rolls (pack of 5 rolls = 425g)	1	
Bread Rolls (pack of 5 white rolls = 425g)	1	
Part Baked Fibre Bread Rolls (pack of 5 rolls = 375g)	1	
Part Baked White Bread Rolls (pack of 5 rolls = 375g)	1	
LIVWELL gluten free:		
Baguette 140g	0.25	
Flat Bread (Pitta) 220g	0.5	
Sliced Seeded Bread 200g	0.5	
White Bread Sliced 200g	0.5	
Tear Drop Flat Bread (Naan) (2 Pack= 180g)	0.5	
Square Dinner Rolls (Ciabatta) 160g	0.5	
White Rolls 240g	0.5	
Toasting Bread Buns (English Muffins) 200g	0.5	

Long life bread/rolls/baguettes:	Number of units	Quantity required
PROCELI gluten free:		
Classic Sandwich Bread 310g	1	
Complet Brown Rice Bread 480g	1	
Riso Sandwich Rice Bread 480g	1	
Viennoise Sliced White Bread (pack of 2=330g)	1	
Part baked Baguettes (pack of 2 = 250g)	0.5	
White Lunch Rolls (Pack of 8 rolls = 270g)	1	
White Hot Dog Rolls (Brioches) (pack of 5 rolls =875g)	2	
WELLFOODS		
Burger Buns (pack of 4 =380g)	1	
Rolls (pack of 4 =360g)	1	
BREAD OR FLOUR MIX:		
BARKAT Bread Mix 500g:	2	
BARKAT Flour Mix 750g	3	
FINAX:		
Coarse Flour Mix (pack of 3 =900g)	4	
Fibre Bread Mix (pack of 3 x 1kg)	4	
Flour Mix (pack of 3 x 900g)	4	
GLUTAFIN:		
Gluten Free Wheat Free Bread Mix 500g	2	
Gluten Free Wheat Free Fibre Bread Mix 500g	2	
Gluten Free Multipurpose White Mix 500g	2	
Gluten Free Select Bread Mix 500g	2	
Gluten Free Select Fibre Bread Mix 500g	2	
Gluten Free Select Multipurpose Fibre Mix 500g	2	
Gluten Free Select Multipurpose White Mix 500g	2	
INNOVATIVE SOLUTIONS:		
Pure Brown Rice Flour 500g	2	
Pure Brown Teff Flour 1kg	4	
Pure Gluten Free Blended Flour 1kg	4	
Pure Gluten Free Potato Flour 500g	2	
Pure Gluten Free Tapioca Flour 500g	2	
Pure Gluten Free White Rice Flour 500g	2	
Pure Gluten Free White Teff Flour 1kg	4	
JUVELA Gluten Free Fibre Mix 500g	2	
JUVELA Gluten Free Harvest Mix 500g (white)	2	
JUVELA Gluten Free Mix 500g (white)	2	
ORGRAN Gluten Free Bread Mix 450g:	2	
ORGRAN Gluten Free Self-Raising Flour 500g	2	
PROCELI Gluten Free White Plain Flour 1kg	4	
TOBIA Teff Gluten Free Brown Flour 1kg	4	
TOBIA Teff Gluten Free White Flour 1kg	4	
WELLFOODS Gluten Free Flour Alternative 1kg	4	
TOTAL NUMBER OF UNITS REQUESTED (NOT TO EXCEED 8):		

PLEASE TAKE TO YOUR GP PRACTICE TO REQUEST A PRESCRIPTION