

## Gluten-Free Food Product List (based on Coeliac UK Prescribable Products List, December 2013)

▲ these products contain Codex wheat starch, a specifically produced ingredient which is gluten-free and therefore safe for people with coeliac disease.

**Quantity** - the minimum quantity that can be ordered for individual items are given, along with the equivalent number of allocated units.

Allocation of units is based on the following guidance from Coeliac UK:	Description	No of Units
	400g bread/rolls/baguettes	1
	500g flour/bread mix	2
	200g crackers	1
	250g pasta	1
	2x110-180g pizza bases	1
	500g oats	1.5
	300g breakfast cereal	1.5

BREAD	Make	Presentation	Qty	No of Units	Calderdale Formulary
	BARKAT	Brown Rice Sliced Bread 500g	1	1.0	
		Home Fresh Par Baked Baguettes 200g	1	0.5	
		Home Fresh Par Baked Country Loaf 250g	1	0.5	
		Home Fresh Par Baked White Bread 550g	1	1.0	
		Multigrain Sliced Bread 500g	1	1.0	
		Par Baked White Sliced Bread 300g	1	1.0	
		Par Baked Baguette 200g	1	0.5	
		White Rice Sliced Bread 500g	1	1.0	
		Wholemeal Sliced Bread 500g	1	1.0	
DIETARY SPECIALS	Brown Multigrain Loaf (Sliced) 400g	1	1.0	<i>Formulary</i>	
	White Multigrain Loaf (Sliced) 400g	1	1.0	<i>Formulary</i>	
ENER-G	Brown Rice Bread 474g	1	1.0		
	Low Protein Rice Bread 600g	1	1.5		
	Rice Loaf (yeast free) 612g	1	1.5		
	Seattle Brown Loaf 454g	1	1.0		
	Six Flour Loaf 454g	1	1.0		
	Tapioca Bread 480g	1	1.0		
	White Rice Bread 456g	1	1.0		
GENIUS	Bloomer x 8	8	8.0		
	Original Bread - Brown Sliced 8x400g	8	8.0	<i>Formulary</i>	
	Original Bread - Brown Unsliced 8x400g	8	8.0	<i>Formulary</i>	
	Original Bread - White Sliced 8x400g	8	8.0	<i>Formulary</i>	
	Original Bread - White Unsliced 8x400g	8	8.0	<i>Formulary</i>	
	Sandwich Bread - Brown Sliced 6x535g	6	6.0		
	Sandwich Bread - White Sliced 6x535g	6	6.0		

## BREAD

<b>GLUTAFIN</b> (Gluten & Wheat Free)	Baguettes (2x175g) 350g	1	1.0	
	Fibre Loaf (Sliced) 400g	1	1.0	<i>Formulary</i>
	White Loaf (Sliced) 400g	1	1.0	<i>Formulary</i>
<b>GLUTAFIN SELECT</b>	Fresh Brown Loaf 8x400g ▲	8	8.0	
	Fresh White Loaf 8x400g ▲	8	8.0	
	Fibre Loaf (Sliced) 400g ▲	1	1.0	<i>Formulary</i>
	Seeded Loaf (Sliced) 400g ▲	1	1.0	<i>Formulary</i>
	White Loaf (Sliced) 400g ▲	1	1.0	<i>Formulary</i>
<b>JUVELA</b>	Fresh White Bread 8x400g ▲	8	8.0	<i>Formulary</i>
	Fresh Fibre Bread 8x400g ▲	8	8.0	<i>Formulary</i>
	White Loaf Sliced (400g) ▲	1	1.0	<i>Formulary</i>
	White Loaf Unsliced (400g) ▲	1	1.0	<i>Formulary</i>
	Fibre Loaf Sliced (400g) ▲	1	1.0	<i>Formulary</i>
	Fibre Loaf Unsliced (400g) ▲	1	1.0	<i>Formulary</i>
	Part Baked White Loaf (400g) ▲	1	1.0	<i>Formulary</i>
	Part Baked Fibre Loaf (400g) ▲	1	1.0	<i>Formulary</i>
<b>LIFESTYLE HEALTHCARE</b>	Fresh Brown Bread Sliced 400g	1	1.0	<i>Formulary</i>
	Fresh Brown Bread Unsliced 400g	1	1.0	<i>Formulary</i>
	Fresh High Fibre Bread Sliced 400g	1	1.0	<i>Formulary</i>
	Fresh High Fibre Bread Unsliced 400g	1	1.0	<i>Formulary</i>
	Fresh White Bread Sliced 400g	1	1.0	<i>Formulary</i>
	Fresh White Bread Unsliced 400g	1	1.0	<i>Formulary</i>
<b>LIVWELL</b> (Wheat, Gluten & Milk-Free)	Baguette 250g	1	0.5	
	Flat Breads (Pitta) 220g	1	0.5	<i>Formulary</i>
	Sliced Multi Seeded Bread 200g	1	0.5	
	Sliced White Bread 200g	1	0.5	
	Tear Drop Flat Breads (Naan) 2 Pack 180g	1	0.5	<i>Formulary</i>
<b>PROCELI</b>	Baguettes 2x125g	1	0.5	
	Brown Rice Bread 480g	1	1.0	
	Sandwich Bread 310g	1	1.0	
	Sandwich Rice Bread 480g	1	1.0	
	Sliced White Bread 330g	1	1.0	
<b>WARBURTONS</b>	White Baguette (2 x80g) x 4	4		
	Wheat & G/F Sliced Brown Loaf 4x400g	4	4.0	<i>Formulary</i>
	Wheat & G/F Sliced White Loaf 4x400g	4	4.0	<i>Formulary</i>
<b>WELLFOODS</b> (Gluten, Wheat, Dairy & Lactose-Free)	Fresh Loaf 600g	1	1.5	
	Fresh Loaf (Sliced) 600g	1	1.5	

<b>ROLLS</b>	<b>BARKAT</b>	Home Fresh Par Baked Rolls 300g	1	1.0	
		Par Baked Rolls 200g	1	0.5	
	<b>ENER-G</b>	Dinner Rolls 6 Pack 280g	1	1.0	
		Seattle Brown Rolls (Hamburger) 4 Pack 320g	1	1.0	
		Seattle Brown Rolls (Hot Dog) 4 Pack 320g	1	1.0	
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	4 Fibre Rolls 200g	1	0.5	<i>Formulary</i>
		4 White Rolls 200g	1	0.5	<i>Formulary</i>
	<b>GLUTAFIN SELECT</b>	Part-Baked 2 Long White Rolls 150g ▲	1	0.5	
		Part-Baked 4 White Rolls 200g ▲	1	0.5	
	<b>JUVELA</b>	Fibre Rolls 5x85g ▲	1	1.0	<i>Formulary</i>
		Fresh Fibre Rolls (5 Pack) x8 ▲	8	8.0	<i>Formulary</i>
		Fresh White Rolls (5 Pack) x8 ▲	8	8.0	<i>Formulary</i>
		Part Baked Fibre Rolls 5x75g ▲	1	1.0	
		Part Baked White Rolls 5x75g ▲	1	1.0	
		White Rolls 5x85g ▲	1	1.0	<i>Formulary</i>
	<b>LIFESTYLE HEALTHCARE</b>	Fresh Brown Rolls 5x80	1	1.0	<i>Formulary</i>
		Fresh High Fibre Rolls 5x80g	1	1.0	<i>Formulary</i>
		Fresh White Rolls 5x80g	1	1.0	<i>Formulary</i>
	<b>LIVWELL (Wheat, Gluten &amp; Milk-Free)</b>	Circle Bread Rolls (Bagels) 180g	1	0.5	
		Square Dinner Rolls (Ciabatta) 160g	1	0.5	
		Toasting Bread Buns (English Muffins) 200g	1	0.5	
		White Rolls 240g	1	0.5	
	<b>PROCELI</b>	White Lunch Rolls (Berliners) 8 x 34g (270g)	1	1.0	
		White Rolls (Hotdog) 5x35g	1	0.5	
		Dinner Rolls (Panini) 280g	1	1.0	
	<b>WARBURTONS</b>	Wheat & G/F Brown Rolls (3x100g) x4	4	4.0	<i>Formulary</i>
Wheat & G/F White Rolls (3 x100g) x4		4	4.0	<i>Formulary</i>	
<b>WELLFOODS (Gluten, Wheat, Dairy &amp; Lactose-Free)</b>	Fresh Burger Buns 4 Pack 340g	1	1.0		
	Fresh Rolls 4 Pack 280g	1	1.0	<i>Formulary</i>	
<b>BREAKFAST CEREALS</b>	<b>JUVELA</b>	Fibre Flakes 300g	1	1.5	<i>Formulary</i>
		Special Flakes 300g	1	1.5	<i>Formulary</i>
		G/F Pure Oats 500g	1	1.5	<i>Formulary</i>
	<b>NAIRN'S</b>	G/F Porridge Oats 500g	1	1.5	<i>Formulary</i>
	<b>BARKAT</b>	Cornflakes 250g	1	1.5	
		Porridge 500g	1	1.5	

<b>HOME BAKING</b>	<b>BARKAT</b>	Bread Mix 500g	1	2.0	
		Flour Mix 750g	1	3.0	
	<b>FINAX</b>	Course Flour Mix 3 x 900g ▲	3	12.0	
		Fibre Bread Mix 3 x 1kg ▲	3	12.0	
		Flour Mix 3 x 900g ▲	3	12.0	
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	Bread Mix 500g	1	2.0	<i>Formulary</i>
		Fibre Bread Mix 500g	1	2.0	
		Multipurpose Fibre Mix 500g	1	2.0	<i>Formulary</i>
		Multipurpose White Mix 500g	1	2.0	<i>Formulary</i>
	<b>GLUTAFIN SELECT</b>	Bread Mix 500g ▲	1	2.0	<i>Formulary</i>
		Fibre Bread Mix 500g ▲	1	2.0	<i>Formulary</i>
		Multipurpose Fibre Mix 500g ▲	1	2.0	
		Multipurpose White Mix 500g ▲	1	2.0	<i>Formulary</i>
	<b>INNOVATIVE SOLUTIONS</b>	Pure Brown Rice Flour 500g	1	2.0	<i>Formulary</i>
		Pure Brown Teff Flour 1kg	1	4.0	<i>Formulary</i>
		Pure G/F Blended Flour 1kg	1	4.0	<i>Formulary</i>
		Pure Potato Starch 500g	1	2.0	
		Pure Tapioca Starch 500g	1	2.0	<i>Formulary</i>
		Pure White Rice Flour 500g	1	2.0	<i>Formulary</i>
		Pure White Teff Flour 1kg	1	4.0	<i>Formulary</i>
<b>JUVELA</b>	Fibre Mix 500g ▲	1	2.0	<i>Formulary</i>	
	Harvest White Mix 500g	1	2.0	<i>Formulary</i>	
	White Mix 500g ▲	1	2.0		
<b>ORGRAN</b>	Bread Mix 450g	1	2.0	<i>Formulary</i>	
	Pizza & Pastry Mix 375g	1	1.5		
<b>PROCELI</b>	Self Raising Flour 500g	1	2.0	<i>Formulary</i>	
	Plain White Flour 1kg	1	4.0		
<b>TOBIA TEFF</b>	Brown Teff Flour 1kg	1	4.0		
	White Teff Flour 1kg	1	4.0		
<b>WELLFOODS (Gluten, Wheat, Dairy &amp; Lactose-Free)</b>	Flour Alternative 1kg	1	4.0	<i>Formulary</i>	
<b>PIZZA BASES</b>	<b>BARKAT</b>	Brown Rice Pizza Crust 150g	1	0.5	<i>Formulary</i>
		White Rice Pizza Crust 150g	1	0.5	<i>Formulary</i>
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	2 x 150g Pizza Bases	1	1.0	
	<b>JUVELA</b>	2 x 180g Pizza Bases	1	1.0	
	<b>PROCELI</b>	2 x 250g Pizza Bases	1	1.5	<i>Formulary</i>
	<b>WELLFOODS (Gluten, Wheat, Dairy &amp; Lactose-Free)</b>	2 x 300g Fresh Pizza Bases	1	2.0	

Dietary Spe

<b>PASTA</b>	<b>BARKAT</b>	Alphabet Shapes Pasta 500g	1	2.0	
		Animal Shapes Pasta 500g	1	2.0	
		Buckwheat Pasta Penne 250g	1	1.0	
		Buckwheat Pasta Spirals 250g	1	1.0	
		Macaroni 500g	1	2.0	
		Short-Cut Tagliatelli 500g	1	2.0	
		Spaghetti 500g	1	2.0	
		Spirals 500g	1	2.0	
	<b>BIALIMENTA</b>	Pasta Acini di Pepe (Pasta Grains) 6x500g	6	12.0	
		Pasta Formati Misti (Variety Pack of 4 Shapes) 6 x 500g	6	12.0	
		Pasta Penne 6x500g	6	12.0	
		Pasta Sagnette 6x500g	6	12.0	
		Pasta Spirali (Spirals) 6x500g	6	12.0	
		Pasta Tubetti 6x500g	6	12.0	
		Potato Pasta Gnocchi 6x500g	6	12.0	
		Potato Pasta Perle di Gnocchi 6x500g	6	12.0	
	<b>DIETARY SPECIALS</b>	Fusilli Pasta 500g	1	2.0	<i>Formulary</i>
		Penne Pasta 500g	1	2.0	<i>Formulary</i>
		Spaghetti Pasta 500g	1	2.0	<i>Formulary</i>
	<b>ENER-G</b>	Lasagne (454g)	1	2.0	
		Macaroni (454g)	1	2.0	
		Small Shells (454g)	1	2.0	
		Spaghetti (454g)	1	2.0	
		Vermicelli (300g)	1	1.0	
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	Lasagne 250g	1	1.0	<i>Formulary</i>
		Pasta Shells (Conchiglie) 500g	1	2.0	
		Pasta Spirals (Fusilli) 500g	1	2.0	
		Penne 500g	1	2.0	<i>Formulary</i>
		Spaghetti 500g	1	2.0	<i>Formulary</i>
		Tagliatelle 250g	1	1.0	<i>Formulary</i>
	<b>JUVELA</b>	Fibre Penne 500g	1	2.0	<i>Formulary</i>
		Fusilli 500g	1	2.0	
		Macaroni 500g	1	2.0	<i>Formulary</i>
		Lasagne 250g	1	1.0	<i>Formulary</i>
		Spaghetti 500g	1	2.0	
		Tagliatelle 250g	1	1.0	<i>Formulary</i>
	<b>ORGRAN</b>	Buckwheat Spirals 250g	1	1.0	
		Corn Spirals 250g	1	1.0	
		Rice & Corn Lasagne 200g	1	1.0	
		Rice & Millet Spirals 250g	1	1.0	
		Rice Spirals 250g	1	1.0	
		Rice & Corn Macaroni 250g	1	1.0	
		Rice & Corn Spirals 250g	1	1.0	
	<b>PROCELI</b>	Macaroni Pasta (Penne Rigate) 250g	1	1.0	
		Pasta Spirals (Fusilli) 250g	1	1.0	
		Short Spaghetti (Capellini) 2 x 250g	1	2.0	
<b>RIZOPIA (Organic brown rice pasta)</b>	Fusilli 500g	1	2.0	<i>Formulary</i>	
	Lasagne 375g	1	1.5	<i>Formulary</i>	
	Penne 500g	1	1.0	<i>Formulary</i>	
	Spaghetti 500g	1	1.0	<i>Formulary</i>	

<b>CRACKERS &amp; CRISPREADS</b>	<b>BARKAT</b>	Crackers 200g	1	1.0	
		Round Matzo Crackers 200g	1	1.0	
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	Crackers 200g	1	1.0	<i>Formulary</i>
		Crispbread 150g	1	0.75	<i>Formulary</i>
		High Fibre Crackers 200g	1	1.0	<i>Formulary</i>
		Mini Crackers 175g	1	1.0	<i>Formulary</i>
		Savoury Shorts 130g	1	0.5	
	<b>JUVELA</b>	Crackers 125g	1	0.5	<i>Formulary</i>
Crispbread 200g		1	1.0	<i>Formulary</i>	
Savoury Biscuits 150g ▲		1	0.75		
<b>ORGRAN</b>	Corn Crispbread Toasted 125g	1	0.5		
<b>BAKING AIDS</b>	<b>ENER-G</b>	Xanthan Gum 170g	1	1.0	
	<b>INNOVATIVE SOLUTIONS</b>	Xanthan Gum 100g	1	1.0	<i>Formulary</i>
<b>BISCUITS</b>	<b>BARKAT</b>	Coffee Biscuits 200g	1	1.0	
		Digestive Biscuits 175g	1	1.0	
	<b>ENER-G</b>	Vanilla Cookies 435g	1	2.0	
	<b>GLUTAFIN (Gluten &amp; Wheat Free)</b>	Biscuits 200g	1	1.0	
		Digestive Biscuits 150g	1	0.75	
		Shortbread Biscuits 100g	1	0.5	
		Sweet Biscuits 150g	1	0.75	
		Tea Biscuits 150g	1	0.75	
	<b>JUVELA</b>	Digestive Biscuits 150g ▲	1	0.75	
		Sweet Biscuits 150g	1	0.75	
		Tea Biscuits 150g ▲	1	0.75	
<b>PROCELI</b>	Iced Bread Buns 200g	1	1.0		