

Bulletin board

Gluten Free meal at the City Rooms Leicester.

It is great when venues understand the needs of coeliacs and listen to our concerns and tastes. This is the second gluten free event that has been put on by the City Rooms. There will be a three course meal, with the menu created with input from coeliacs. There will be a goody bag for each guest.

Ticket Prices are as follows..£20.00 per person,£15.00 per under 18
£180.00 per table

If you would like to attend this event on Friday 2nd March in the grand Ballroom at the City Rooms. Hotel St Leicester LE1 5AW

Then please contact

Nicole Cooling 01162515337 or email cherlynn@thecityrooms.co.uk

Or check their web page www.thecityrooms.co.uk

Kayal restaurant Leamington Spa. In January friends and I tried their Southern Indian cuisine **They also have branches in Leicester and Nottingham.**

Almost everything on the menu was gluten-free, and our servers were very aware of our requirements regarding contamination, including frying oil. The cuisine features many spicy fish dishes, of which I can certainly recommend the Mixed Seafood platter and the Mixed Seafood curry. We also shared lovely lamb and chicken curry dishes, both quite different. Additionally, I was able to eat the gram flour poppadums and also a couple of

Kallapams (soft rice and coconut pancakes). I have no hesitation in recommending the Leicester branch at 153 Granby Street – I am sure they will have the same enlightened outlook on gluten.

Graham Beniston



New! Available on Prescription

Nairns gluten free oat porridge

Nairn's Gluten Free Oat Porridge 500g

PIP Code: 368-7332 Available

For more information visit: www.nairns-oatcakes.com/gluten-free/

Contributions for Newsletter to: annerstuart@gmail.com

Clearly marked with Subject: **coeliac newsletter**



Leicestershire Group

Newsletter February 2012

We have already held our first committee meeting of the year and plans for a variety of events are well underway, including meals, the AGM, cookery demos and tasting sessions, information on the new labels by a dietician and the food fayre in September. Happy New Year from your committee

Anne Stuart Editor

Loughborough College Christmas lunch review

Treasurer Tim organised a great Christmas lunch at the The Futures Restaurant, Loughborough College at the end of November last year. This restaurant is part of the Loughborough catering training, and so furthers our quest for wider awareness in the catering industry. It was also a great meal, where we could eat the traditional turkey lunch and Christmas pud, or the alternative Salmon or vegetarian meals. Many of us picked the Raspberry Ripple Chocolate Truffle tart for dessert, as illustrated with the many happy faces of sated Coeliacs after a good meal!



Which reminds me that Tim has also organised another **Gluten Free Evening Meal at Leicester College** for Wednesday March 14th The cost will be £15.50, . You can make your choice from the menu on page 2. To book your meal please pick one choice from each course and contact Tim by email or phone by March 6th . on

saraogorman@talktalk.net or 0116 275 1273



Events Calendar

Leicester College Meal

This popular annual event is on

Wednesday 14th March;

7pm for 7.30pm The cost is £15.50

for three courses + coffee. I'm sure you'll agree it sounds like a very interesting menu. Please pick one choice from each course and

contact Tim by March 6th. By email on saraogorman@talktalk.net

or by phone on 0116 275 1273

Menu

First Course:

Soup of the Day (V)

Liquorice perfumed pigeon breast with Mesclun leaves
and Balsamic glaze

Grilled goats' cheese with cumin, aromatic couscous,
date and lemon purée, pine nuts and rocket

Apple, celeriac and crab salad
with smoked paprika honeycomb

∞∞∞∞

Main course:

Breast of Gressingham duck with black cherries
and cherry brandy sauce

Home salted cod, saffron, mussel risotto,
piquillo pepper, spiced mussel sauce

Slow cooked blade of beef with
a gratin of wild mushrooms, carrot purée

Field and Shitake mushroom and tarragon strudel
with Malmsey wine sauce (V)

∞∞∞∞

Selection of tempting deserts

∞∞∞∞

Filter or Decaffeinated coffee with petit fours

Members Page

Advanced Notices

AGM 12th May 2012

We are continuing with the popular Saturday afternoon timing of
3PM and this year are holding it at **St Pius X Church Hall**

**52 Leicester Road,
Narborough,**

Leicestershire LE19 2DF.

Getting there is easy: by train to Narborough Station, using
either 50 or 50A buses or by car (there is plenty of car park-
ing)

There will be a talk about new products by Anne Worrallo-
Hickman from Dr Schaar and we hope a talk by Cathy Steel
(dietician).

Committee

The business segment of the AGM is usually very brief and usually con-
tains a request for new members for the committee. This year why not
actually consider joining the committee? You can find out more about
Coeliac UK and help the local group. Meetings are quite informal and not
very taxing. Could you join the committee for a fixed term of **one** year?
for more information give Graham a ring on 07986 855850

Advance notice of the Food Fayre

A date for your diary **29th September 2012**

location **Braunstone Civic Centre**

Slightly earlier than normal the food fayre will feature all the
usual suppliers, gluten free refreshments available, free sam-
ples and to keep our younger members happy a children's
activity table and treasure hunt.