

**GROUP
ORGANISER:
PAT SIVITER**

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SPRING HAS HOPEFULLY SPRUNG

Hello Everyone

Where is time going, I can't believe it's almost May and as the rhyme goes 'brings forth May flowers' and maybe some warmer weather and I will be looking forward to being able to spend sometime in the garden with my new Grandson.

We have just held another successful dinner at Halesowen College which was thoroughly enjoyed by the members and their 'other half' / friends, we had a total of 21 people sitting down and enjoying a choice of seabass, chicken, beef and risotto plus a choice of starters and a medley of deserts.

We will be holding our AGM/Spring Meeting on Saturday 7 May, please note earlier date than normal and are always looking for members who would like to join the committee or make any suggestions for either the Newsletter or Speakers to come along to our Group Meetings. The minutes from last year's AGM are on the web page under Documents.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366

COFFEE MORNING We are going to hold another coffee morning in Kidderminster at Tesco which is near to the bus station and there is the 125 bus which runs into Kidderminster from Stourbridge, if you would like timetable information please do not hesitate to contact me. We had a good time last time so please do come along.

NEW PRODUCTS

BFree Stone Baked Pitta Breads - £2.25 pack of 4 available in Asda, Tesco and Ocado

Geniue Pancakes - £2.00 pack of 6 available in major supermarkets

Heck Chicken Sausages, Italia, Zesty and Smoky Paprika - £3.00 for 340g available in Asda, Tesco, Morrisons and Waitrose

COTE'S RESTAURANT - has received accreditation check their website at www.cote-restaurants.co.uk

ED'S DINER, MERRY HILL - has a Gluten Free Menu and has been recommended by one of our members.

DOMINOS TAKE AWAY PIZZA - recommended by one of our members

GRAYS CAFE Market Street Stourbridge (just past Blunts Shoe Shop) have lovely Gluten Free Cakes generally a choice of at least 2. I have received another recommendation for this venue and was told the Afternoon Tea was wonderful.

CAKES AT GROUP MEETINGS It has been requested if we could possibly include one of our refreshment cakes as Dairy Free for any members that have dairy or lactose allergies.

GLUTEN FREE RECIPE CORNER!

BREAKFAST CEREAL recommend
by Janet one of our members

Juvela Fibre Flakes

Supermarket Own Brand
Cornflakes (I use Waitrose
Essentials or Co-op please
check with Coeliac UK Food &
Drink Directory)

Your favourite gluten free
flakes (I use Mesa Sunrise)
but have used others for a
change

Seasonal Fruit

Natural Greek Yoghurt



Mix together approximately 1/3 of each cereal
(Juvela Fibre Flakes in some areas available
on prescription)

It can be varied and to ring the changes
substitute other cereals. It helps with the cost
as gluten free cereals are so expensive

Add -

- 1) fullsize banana
- 2) half banana and blueberries
- 3) blueberries
- 4) seasonal fruit (strawberries, raspberries, blackberries, etc)

Add -

2 desertspoons of low fat Natural Greek Yoghurt
Finish with plenty of fresh milk

The yoghurt and milk help towards the calcium intake

FORTHCOMING EVENTS

Please contact Pat either by email: stourbridge@coeliac.org.uk or 01299 832366



AGM/SPRING MEETING

Agenda & Minutes available on
web page under documents

SATURDAY 7 MAY

2.30 pm start

UNITED CHURCH, LYE

COFFEE MORNING

WEDNESDAY 6 JULY
at 11 am

TESCO KIDDERMINSTER

COOKERY BOOKS/MAGAZINES

Do you have any books or magazines you would like to recommend, please let me know for
inclusion in the next newsletter



Coffee Morning at Asda in
Merry Hill

