

POLISH

For medical reasons (a disorder called Phenylketonuria) I am not allowed to eat any ***Z powodow medycznych (choroba o nazwie Phenylketonuria) nie wolno mi jesc -***

products which contain a lot of protein, for example meat, fish, eggs, cheese and soya. ***Zadnych produktow zawierajacych duzo proteiny, na przyklad miesa, ryb, jaj, sera I soi.***

Vegetables like potatoes and sweet corn, pulses and cereals are allowed in limited ***Warzywa takie jak ziemniaki, kukurydza, fasola oraz produkty zbozowe moge jesc tylko***

quantities and have to be measured. ***W malych I wymierzonych porcjach.***

Fruit, leaf vegetables, sugar, oil, butter and margarine are permitted freely. Any foods, ***Owoce, warzywa lisciaste, cukier, maslo I margaryne moge jesc bez ograniczen. Nie***

drinks or medication sweetened with Aspartame (E951) are not allowed. To stay in good health, I have to follow this strict diet with medication.

wolno me spozywac napojow oraz lekarstw slodzonych Aspartamem (E951). Moje zdrowie zalezy od przestrzegania tej diety I brania lekarstw.

- I have a medical condition called Phenylketonuria.
- ***Choruje na Phenylketonurie.***

- Can you bring me a plate of vegetables only?
- ***Czy mozna prosic tylko o zestaw warzyw?***

- Can I have a salad on its own?
- ***Czy moge prosic tylko o sama salatke?***

- Does this dish contain meat/fish/egg/milk/cheese?
- ***Czy ten posilek zawiera mieso/rybe/jajka/mleko/ser?***

- Please could I have some potatoes/chips/French fries with vegetables/salad?
- ***Czy moge prosic o ziemniaki/frytki w warzywami/salatka?***

- Please may I have some fruit?
- ***Czy moge prosic o owoce?***

- Can you cook a portion of this pasta/rice /pizza base for my meal tonight?
- ***Czy mozna dla mnie ugotowac porcje klusek/ryzu/placek pizzy dzis wieczorem?***

- Can you heat this food for me?
- ***Czy mozna podgrzac dla mnie to jedzenie?***

- Can you warm my baby's bottle?
- ***Czy mozna podgrzac dla mnie te butelke dla dziecka***

- Can you toast this special bread for me?
- ***Czy mozna zrobic tosty z tego specjalnego chleba dla mnie ?***

- Can I have some butter?
- ***Czy moge prosic o maslo?***

- Can I have a bottle of water?
- ***Czy moge prosic o butelke wody?***

- Can I have a can or bottle of Coca Cola / Fanta / Sprite?
- ***Czy moge prosic o butelke Coca Coli/Fanty/Sprajtu?***

- Can I have some tomato sauce please?
- ***Czy moge prosic o keczup?***

- Can I eat my special medical food in your restaurant?
- ***Czy moge zjesc moja specjalna dietetyczna zywnosc w tej restauracji?***

- I cannot take food or drinks containing ASPARTAME (E951).
- ***Nie moge pic ani jesc produktow zawierajacych ASPARTAME (E951).***

- I cannot eat any meat, fish, cheese, eggs or milk products.
- ***Nie moge jesc miesa, ryb, sera, jaj oraz produktow mlecznych.***

- Have you got a fridge which I can use?
- ***Czy moge skorzystac z lodowki?***

- Can I put this in your fridge?
- ***Czy moge to wlozyc to lodowki?***

- Where is the doctor's surgery?
- ***Gdzie jest gabinet lekarski?***

- Where is the hospital?
- *Gdzie jest szpital?*

- Where is the British Embassy?
- *Gdzie jest Ambasada Brytyjska?*

- Where is the post office?
- *Gdzie jest poczta?*

- Thank you for your help.
- *Dziekuje za pomoc.*

- Protein.
- *Proteina.*

PLEASE NOTE THAT FRIENDS OF THE SOCIETY HAVE PREPARED THIS TRANSLATION AND WE RELY ON THEIR ACCURACY. WE CANNOT BE HELD RESPONSIBLE FOR ANY ERRORS.