

Allergy/Intolerance Ingredient Listing

Child's Name: _____ Date: ____/____/20__

Parent/Guardian Name: _____ Signature: _____

This is a life threatening allergy: Yes / No

* Denotes items not used in our kitchen

Dairy Products

- Butter Cheese Condensed milk Cream Cream cheese
 Milk Milk powders Ricotta cheese Sour cream Yoghurt

Dry Goods

- Buckwheat (is gluten free) Carb Chia Chocolate Cocoa
 Coconut Flaxseed Gelatine Golden syrup Honey
 Linseed Malt Mustard Pectin Polenta
 Poppy seed Quinoa Sesame Spelt Sunflower seeds
 Tamarind Tapioca Vanilla Vinegar Yeast

Dried Fruits

- Currants Dates Prune Sultanas

Fruit

- Apple Apricot Banana Blueberry Grapes
 Kiwi fruit Lemon Lime Mango Orange
 Peach Pear Pineapple Plum Strawberry
 Watermelon

Grains (containing gluten)

- Barley Oats Rye Semolina Wheat flour

Herbs and Spices

- Basil Cardamon Chili Cinnamon Cloves
 Coriander Cumin Fenugreek Galangal Garlic misale
 Garlic Ginger Lemongrass Mint Nutmeg
 Oregano Paprika Parsley Pepper Rosemary
 Sumac Thyme Turmeric

Legumes

- Broad beans Chickpeas Lentil Red kidney beans Split peas
 White beans

Meat Products

- Beef Chicken Lamb Pork

Oils

- Canola Oil Olive Oil Sunflower Oil Vegetable Oil

Preservatives and Artificial Colours

- Artificial colours Artificial flavour enhancers Artificial preservatives Stabilizers

Rice Products

- Rice

Seafood Products

- Fish Shell fish Tuna

Soy Products

- Soy Tofu

Vegetables

- Asparagus Beetroot Broccoli Cabbage Capsicum
 Carrot Cauliflower Celery Corn Cucumber
 Eggplant Green beans Leek Lettuce Mushroom
 Onion Peas - green Potato Pumpkin Rhubarb
 Shallot Spinach Sweet potato Tomato Zucchini

Nuts*

- Nuts of any kind

Eggs*

- Eggs

For office use:

Child_id: _____ Profile entered by: _____ ____/____/20__