



Allergy Profile Form

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

Parent/Gaurdian Name: _____ Signature: _____

Please tick the ingredients your child **CANNOT** eat

Please be aware that while all due care is taken during each and every meal preparation, due to the nature of our business, we cannot guarantee that meals are 100% free of allergens that we have within our facility.

* Denotes items not used in our kitchen

Dairy Products

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

Dry Goods

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

Dried Fruits

- Currants
 Dates
 Prune
 Raisins
 Sultanas

Fruit

- Acai
 Apple
 Apricot
 Banana
 Blueberry
 Grapes
 Honey Dew Melon
 Kiwi fruit
 Lemon
 Lime
 Mandarin
 Mango
 Nectarine
 Orange
 Peach
 Pear
 Pineapple
 Plum
 Red Currant
 Rockmelon
 Strawberry
 Watermelon

Grains (containing gluten)

- Barley
 Farro
 Oats
 Rye
 Semolina
 Wheat flour

Herbs and Spices

- Basil
 Cardamom
 Chilli
 Cinnamon
 Cloves
 Coriander
 Cumin
 Fenugreek
 Galangal
 Garlic
 Ginger
 Lemon Myrtle
 Lemongrass
 Marjoram
 Mint
 Nutmeg (Mace)
 Oregano
 Paprika
 Parsley
 Pepper
 Pimento (Allspice)
 Rosemary
 Sage
 Sumac
 Tarragon
 Thyme
 Turmeric

Legumes

- Broad beans
 Chickpeas
 Lentil
 Lupins
 Red kidney beans
 Split peas
 Turtle Beans - Black
 White beans

Meat Products

- Beef
 Chicken
 Lamb
 Pork

Oils

- Canola Oil
 Olive Oil
 Palm Fruit Oil
 Sunflower Oil
 Vegetable Oil

Food Additives

- Colours
 Emulsifiers (Thickener)
 Flavour Enhancers
 Food Acids
 Preservatives
 Raising Agent
 Stabilizers (Regulators)
 Vegetable Gums
 Vitamins and Minerals

Rice Products

- Rice

Seafood Products

- Fish
 Shell fish
 Tuna

Sesame

- Sesame

Soy Products

- Soy
 Tofu

Vegetables

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

Eggs*

- Eggs

Nuts*

- Nuts of any kind

For Centre use:

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