



Allergy Profile Form

CHILD'S NAME		DATE	
PARENT/GUARDIAN 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.

DAIRY PRODUCTS

- | | | | | | |
|-------------------------------------|-----------------------------------------|--------------------------------|---------------------------------------|-------------------------------|-----------------------------------------|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Condensed Milk | <input type="checkbox"/> Cream | <input type="checkbox"/> Cream Cheese | <input type="checkbox"/> Milk | <input type="checkbox"/> Ricotta Cheese |
| <input type="checkbox"/> Sour Cream | <input type="checkbox"/> Yoghurt | | | | |

DRY GOODS

- | | | | | | |
|-----------------------------------------|----------------------------------|-------------------------------------|---------------------------------------------|---------------------------------------|------------------------------------------|
| <input type="checkbox"/> Buckwheat (GF) | <input type="checkbox"/> Chia | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Cocoa | <input type="checkbox"/> Coconut | <input type="checkbox"/> Gelatin |
| <input type="checkbox"/> Golden Syrup | <input type="checkbox"/> Guarana | <input type="checkbox"/> Honey | <input type="checkbox"/> Linseed (Flaxseed) | <input type="checkbox"/> Malt | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Pectin | <input type="checkbox"/> Polenta | <input type="checkbox"/> Poppy Seed | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Spelt | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Vanilla | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Wattle Seeds | <input type="checkbox"/> Yeast |

DRIED FRUITS

- | | | | | |
|-----------------------------------|--------------------------------|---------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Currants | <input type="checkbox"/> Dates | <input type="checkbox"/> Prunes | <input type="checkbox"/> Raisins | <input type="checkbox"/> Sultanas |
|-----------------------------------|--------------------------------|---------------------------------|----------------------------------|-----------------------------------|

FRUIT

- | | | | | | |
|---------------------------------|------------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Acai | <input type="checkbox"/> Apple | <input type="checkbox"/> Apricot | <input type="checkbox"/> Banana | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Cranberry |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Honey Dew Melon | <input type="checkbox"/> Kiwi Fruit | <input type="checkbox"/> Lemon | <input type="checkbox"/> Lime | <input type="checkbox"/> Mandarin |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Orange | <input type="checkbox"/> Peach | <input type="checkbox"/> Pear | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Plum | <input type="checkbox"/> Red Currant | <input type="checkbox"/> Rockmelon | <input type="checkbox"/> Strawberry | <input type="checkbox"/> Watermelon | |

VEGETABLES

- | | | | | | |
|------------------------------------|-----------------------------------|---------------------------------------|--------------------------------------|------------------------------------------|-----------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Avocado | <input type="checkbox"/> Bamboo | <input type="checkbox"/> Beetroot | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Carrot | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Celery | <input type="checkbox"/> Chipotle Pepper | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Fennel | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Leek | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> Onion | <input type="checkbox"/> Peas - Green | <input type="checkbox"/> Potato | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Shallot | <input type="checkbox"/> Spinach | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Tomato | <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Zucchini |

GRAINS (Containing Gluten)

- | | | | | | |
|---------------------------------|--------------------------------|-------------------------------|------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Farro | <input type="checkbox"/> Oats | <input type="checkbox"/> Rye | <input type="checkbox"/> Semolina | <input type="checkbox"/> Wheat Flour |
|---------------------------------|--------------------------------|-------------------------------|------------------------------|-----------------------------------|--------------------------------------|

HERBS & SPICES

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|-------------------------------------|------------------------------------|---------------------------------------------|----------------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Chilli | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Cloves | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Galangal | <input type="checkbox"/> Garlic | <input type="checkbox"/> Ginger | <input type="checkbox"/> Lemon Myrtle |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Mint | <input type="checkbox"/> Nutmeg (Mace) | <input type="checkbox"/> Oregano | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Pepper | <input type="checkbox"/> Pimento (Allspice) | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Sage | <input type="checkbox"/> Star Anise |
| <input type="checkbox"/> Sumac | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Thyme | <input type="checkbox"/> Turmeric | | |

LEGUMES

- | | | | | | |
|-----------------------------------------------|--------------------------------------|---------------------------------|---------------------------------|-------------------------------------------|-------------------------------------|
| <input type="checkbox"/> Broad Beans | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Lentil | <input type="checkbox"/> Lupins | <input type="checkbox"/> Red Kidney Beans | <input type="checkbox"/> Split Peas |
| <input type="checkbox"/> Turtle Beans - Black | <input type="checkbox"/> White Beans | | | | |

MEAT PRODUCTS

- | | | | |
|-------------------------------|----------------------------------|-------------------------------|-------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Chicken | <input type="checkbox"/> Lamb | <input type="checkbox"/> Pork |
|-------------------------------|----------------------------------|-------------------------------|-------------------------------|

OILS

- | | | | | |
|-------------------------------------|------------------------------------|-----------------------------------------|----------------------------------------|----------------------------------------|
| <input type="checkbox"/> Canola Oil | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Palm Fruit Oil | <input type="checkbox"/> Sunflower Oil | <input type="checkbox"/> Vegetable Oil |
|-------------------------------------|------------------------------------|-----------------------------------------|----------------------------------------|----------------------------------------|

FOOD ADDITIVES

- | | | | | | |
|---------------------------------------------------|--------------------------------------------------|----------------------------------------------|-------------------------------------|----------------------------------------|----------------------------------------|
| <input type="checkbox"/> Colours | <input type="checkbox"/> Emulsifiers (Thickener) | <input type="checkbox"/> Flavour Enhancers | <input type="checkbox"/> Food Acids | <input type="checkbox"/> Preservatives | <input type="checkbox"/> Raising Agent |
| <input type="checkbox"/> Stabilizers (Regulators) | <input type="checkbox"/> Vegetable Gums | <input type="checkbox"/> Vitamins & Minerals | | | |

RICE PRODUCTS

- ☐
- Rice

SHELLFISH

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Crustacean* | <input type="checkbox"/> Mollusc |
|--------------------------------------|----------------------------------|

SOY PRODUCTS

- | | |
|------------------------------|-------------------------------|
| <input type="checkbox"/> Soy | <input type="checkbox"/> Tofu |
|------------------------------|-------------------------------|

NUTS*

- ☐
- Nuts of any kind*

FISH

- | | |
|-------------------------------|-------------------------------|
| <input type="checkbox"/> Fish | <input type="checkbox"/> Tuna |
|-------------------------------|-------------------------------|

SESAME

- ☐
- Sesame

EGGS*

- ☐
- Eggs*

* Denotes items not used in our kitchen

FOR CENTRE USE:

CHILD ID:	PROFILE ENTERED BY:	DATE:
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