



Allergy Profile Form

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

Parent/Gaurdian Name: _____ Signature: _____

This is a life threatening allergy: Yes / No

Please tick the ingredients your child CANNOT eat

* Denotes items not used in our kitchen

Dairy Products

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

Dry Goods

- | | | | | |
|---|-----------------------------------|-----------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Buckwheat (is gluten free) | <input type="checkbox"/> Carob | <input type="checkbox"/> Chia | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Cocoa |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Gelatine | <input type="checkbox"/> Golden syrup | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Linseed | <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"/> Sesame | <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"/> Yeast |

Dried Fruits

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

Fruit

- | | | | | |
|-------------------------------------|-------------------------------------|------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Apricot | <input type="checkbox"/> Banana | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Lemon | <input type="checkbox"/> Lime | <input type="checkbox"/> Mango | <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"/> Strawberry | <input type="checkbox"/> Watermelon | | | |

Grains (containing gluten)

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

Herbs and Spices

- | | | | | |
|------------------------------------|-------------------------------------|------------------------------------|-----------------------------------|---|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Chillli | <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"/> Lemongrass | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Mint | <input type="checkbox"/> Nutmeg |
| <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"/> Sumac | <input type="checkbox"/> Thyme | <input type="checkbox"/> Tumeric |

Legumes

- | | | | | |
|---|--------------------------------------|------------------------------------|---------------------------------|---|
| <input type="checkbox"/> Black Turtle Beans | <input type="checkbox"/> Broad beans | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Lentil | <input type="checkbox"/> Red kidney beans |
| <input type="checkbox"/> Split peas | <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"/> Sunflower Oil | <input type="checkbox"/> Vegetable Oil |
|-------------------------------------|------------------------------------|--|--|

Preservatives and Artificial Colours

- | | | | | |
|---|---|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Artificial colours | <input type="checkbox"/> Artificial flavour enhancers | <input type="checkbox"/> Artificial preservatives | <input type="checkbox"/> Food Acids | <input type="checkbox"/> Stabilizers |
| <input type="checkbox"/> Vegetable Gums | | | | |

Rice Products

- | |
|-------------------------------|
| <input type="checkbox"/> Rice |
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Seafood Products

- | | | |
|-------------------------------|-------------------------------------|-------------------------------|
| <input type="checkbox"/> Fish | <input type="checkbox"/> Shell fish | <input type="checkbox"/> Tuna |
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Soy Products

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

Vegetables

- | | | | | |
|---------------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Avocado | <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"/> Zucchini | | |

Nuts*

- | |
|---|
| <input type="checkbox"/> Nuts of any kind |
|---|

Eggs*

- | |
|-------------------------------|
| <input type="checkbox"/> Eggs |
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For Centre use:

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