

FOOD INFORMATION SHEET

Please tick the food which your child **CAN** eat.

Fruit		Vegetables		Meat/Fish		Dairy		Cereal/Pulse		Miscellaneous		Herb/Spice	
Apple		Bean shoots		Beef (including mince)		Butter		Barley		Cocoa		Black pepper	
Apricot		Broccoli		Bacon		Cream cheese		Baked beans		Egg in cakes		Curry powder	
Banana		Cabbage		Chicken		custard		Corn flour		Egg in quiche		Dried stock Beef	
Blueberries		Capsicum		Tinned tuna		eggs		Corn flakes		Gravy		Dried stock Chicken	
Coconut		Carrot		Lamb		Full Cream Milk		Chick peas		Jam		Dried stock, vegetable	
Dew Melon		Cauliflower		Pork		Hard cheese		Noodles		Olive oil		Oregano	
Grapes		Celery		Sausage (Beef)		Margarine		Kidney beans		Rice crackers		Salt	
Kiwi		Cucumber		Sausage (Pork)		UHT milk		Lentils		Soy sauce		Mince garlic	
Lemon		Green beans		Sausage (Chicken)		yoghurt				Sunflower oil		Cinnamon	
Mandarin		Leek				Soy milk		Plain flour		Tomato sauce		Mixed Herbs	
Nectarine		Onion				Lactose free milk		Pasta		Vegemite		Icing Sugar	
Orange		Peas				Sliced cheese		Rice		Vegetable oil			
Passionfruit		Potato				Cream		Rice bubbles		Teriyaki sauce			
		Pumpkin				Ricotta Cheese		Self raising flour		coconut			
Peach		Spinach				Dip		Weetbix		Rice Cakes			
Pear		Sweet potato						White bread		Cous cous			
Pineapple		Sweet corn						Wholemeal bread		Sponge Cake			
Raspberry		Tomato (including tinned)								Soy sauce		BBQ Sauce	
Rock melon		Zucchini											
Strawberry		Corn											
Sultanas													
Watermelon													

Name of Child: _____ D.O.B _____ Date: _____

Parent Signature: _____ Name: _____

If your child has a known allergy, please inform the centre: