



MARIAN MISSION EDUCATIONAL AND FAMILY SUPPORT CENTRE

CHILD'S NAME	
D.O.B.	

Dietary Requirements and Allergens

Which of the following describes your child's dietary needs? (tick all that apply):

Standard Diet

Vegetarian

Pescatarian

Vegan

Halal

Has Allergies (see below)

Selective Eater/ARFID

Other (please detail below)

Please indicate any known allergies/intolerances on the table below and give full details if an issue has been identified. Please also tick or cross to indicate whether your child has previously eaten each of these foods before.

Allergen	Examples of foods where they may be found:	Tried Before?	Allergy/ Intolerance
Celery	This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.		
Cereals containing gluten	This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour such as baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour.		
Crustaceans	This includes crabs, lobsters, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.		
Dairy	This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces. Lactose is also used as a sweetener in many flavoured products such as crisps.		
Eggs	This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.		

Dietary Requirements and Allergens

Allergen	Examples of foods where they may be found:	Tried Before?	Allergy/ Intolerance
Fish	This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.		
Lupin	This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.		
Molluscs	This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.		
Mustard	This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.		
Nuts	This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan and almond pastes, as well as nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.		
Peanuts	These can be found in biscuits, cakes, curries, desserts and sauces (such as satay). It is also found in groundnut oil and peanut flour.		
Sesame seeds	This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste).		
Soya	This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in ice cream, meat products, sauces and vegetarian products.		
Sulphur dioxide	This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables.		

All information will be processed and stored in line with current GDPR guidelines.

PARENT's NAME:		SIGN:	
DATE:			