

Packed Meal Declaration (one to be completed each day)

Child's name:

Date:

BREAKFAST: List all the items included

Allergens: Please indicate which allergens are present by ticking the chart below:

Celery		Fish		Peanuts	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

LUNCH: List all the items included

Allergens: Please indicate which allergens are present by ticking the chart below:

Celery		Fish		Peanuts	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

TEA: List all the items included

Allergens: Please indicate which allergens are present by ticking the chart below:

Celery		Fish		Peanuts	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

FRUIT / SNACKS: List all the items included

Allergens: Please indicate which allergens are present by ticking the chart below:

Celery		Fish		Peanuts	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

Parent / Carer name:

Parent / Carer signature: