

# Blue Bell Woods Day Nursery - Packed Meal Declaration (one to be completed each day)

Child's name:	Day of week:	Date:
---------------	--------------	-------

<b>BREAKFAST:</b> List <b>all</b> individual items included					
Low sugar, healthy cereal		1)			
Ambient cow's milk alternative		1) (leave blank if N/A - nursery provide cow's milk)			
Allergens: Please indicate which allergens are present by ticking the chart below:					
Celery		Fish		<b>Peanuts NOT PERMITTED</b>	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

<b>LUNCH:</b> List <b>all</b> individual items included – the minimum required number of portions is specified					
Fruit & vegetables (2 portions)		1)		2) 3+)	
Carbohydrates (2 portions)		1)		2) 3+)	
Dairy & alternatives (1 portion)		1)		2+)	
Protein (1 portion)		1)		2+)	
Allergens: Please indicate which allergens are present by ticking the chart below:					
Celery		Fish		<b>Peanuts NOT PERMITTED</b>	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

<b>TEA:</b> List <b>all</b> individual items included – the minimum required number of portions is specified					
Fruit & vegetables (2 portions)		1)		2) 3+)	
Carbohydrates (1 portion)		1)		2+)	
Dairy & alternatives (1 portion)		1)		2+)	
Protein (1 portion)		1)		2+)	
Allergens: Please indicate which allergens are present by ticking the chart below:					
Celery		Fish		<b>Peanuts NOT PERMITTED</b>	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

<b>FRUIT / SNACKS:</b> List <b>all</b> individual items included – the minimum required number of portions is specified					
Fruit & vegetables (1 portion)		1) 2+)			
Allergens: Please indicate which allergens are present by ticking the chart below:					
Celery		Fish		<b>Peanuts NOT PERMITTED</b>	
Cereals containing gluten		Lupin		Sesame	
Crustaceans		Milk		Soybeans	
Eggs		Molluscs		Sulphur dioxide	
		Mustard		Sulphites	

I have read, understood and comply with the 'Packed meals from home' policy. I have not included any prohibited food items (listed below) on relevant days. <b>PROHIBITED FOOD ITEMS: Monday – NO DAIRY Thursday – NO DAIRY Friday – NO DAIRY</b>	
Parent / Carer name:	Parent / Carer signature: