**Brant Broughton Preschool**

 **Allergies and Preference and Religious practises**

 **Please highlight above which relates to your child.**

**This food list is mainly for preference, allergies and religious practises. We aim to allow children to taste and experiment with a wide variety of foods to broaden their knowledge of cultural foods around the world, foods they may not eat at home or foods with different textures. This is not a list of likes and dislikes, as your child may show an interest in trying something at preschool that they may not eat at home, we want to encourage new things. No child will be forced to eat something that they do not like but will be asked to try.**

**Please put an x near any items that you do not want your child to eat either by preference, allergies or religious practices.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  **Fruit** |  | **Carbohydrates** |  | **Sweets/chocolate****(these will be given at parties/treats/celebrations)** |  |
| **apples** |  | **bread** |  | **chocolate** |  |
| **bananas** |  | **pasta** |  | **marshmallows** |  |
| **pears** |  | **noodles** |  | **Icing sugar** |  |
| **oranges** |  | **porridge** |  | **Cake decorations** |  |
| **melons** |  | **rice** |  | **jelly** |  |
| **pineapple** |  | **cornflakes** |  | **honey** |  |
| **strawberries** |  | **Rice crispies** |  | **Jam spreads****(strawberry/raspberry)** |  |
| **raspberries** |  | **Shredded wheat** |  |  |  |
| **kiwi** |  | **biscuits** |  |  |  |
| **plum** |  | **Wholemeal flour** |  |  |  |
| **raisins** |  | **White flour** |  | **Drinks** |  |
| **apricots** |  | **pancakes** |  | **Orange and blackcurrant squash** |  |
| **blueberries** |  | **crumpets** |  |  |  |
|  |  | **croissants** |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  | **Proteins** |  |
| **Vegetables** |  | **Dairy produce** |  | **Eggs** |  |
| **carrots** |  | **Milk** |  | **Fish** |  |
| **tomatoes** |  | **Cheese** |  | **Beef** |  |
| **cauliflower** |  | **Butter** |  | **Lamb** |  |
| **peas** |  | **Margarine** |  | **Pork** |  |
| **lettuce** |  | **Yogurt** |  | **Soya** |  |
| **cress** |  |  |  | **nuts** |  |
| **potatoes** |  |  |  |  |  |
| **celery** |  |  |  |  |  |
| **onions** |  | **Party food** |  |  |  |
| **Mushrooms** |  | **Sausage rolls** |  |  |  |
| **Cucumber** |  | **Cocktail sausages** |  |  |  |
| **Cabbage** |  | **Scotch eggs** |  |  |  |
| **peppers** |  | **Crisps** |  |  |  |

**Nuts will be given to children if they are in lunch boxes due to nut allergies that maybe in the setting.**

**Please could you sign: ……………………………………… Date: ……………………………………**

**If your child does not have any allergies, preferences and religious practices, please leave areas unticked and sign and date, thank you.**

**On behalf of Brant Broughton Preschool**