

These foods could cause an allergic reaction - always check

<p>Milk</p>	<p>Milk, Yogurt, Cheese, Custard, Mayonnaise, Mousse, Ice-cream, Chocolate & anything made with milk</p>	
<p>Egg</p>	<p>Egg, Cakes, Biscuits, Doughnuts, Salad Dressings, Custard, Ice-Cream, Meringue, Meat Mixtures (hamburger etc), Pasta - Egg Noodles, Battered - Fried Food etc</p>	
<p>Peanut</p>	<p>Peanut, Peanut Oil, Peanut Butter, Peanut Flour, and look for traces of peanut in food labels, especially biscuits, etc</p>	
<p>Tree Nut (Walnut, Cashew, etc)</p>	<p>Tree Nuts, Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Walnuts, and look out for nougat, chocolate, cereals, etc</p>	
<p>Fish</p>	<p>Deli Meats (bologna, ham), Dips, Fried Rice, Spring Rolls, Gelatin (marshmallows), Pizza Toppings, Salad Dressings, Spreads, Sushi, Hot Dogs, Rice Crackers, etc</p>	
<p>Shellfish</p>	<p>Prawns, Lobster, Cray Fish, Oysters, Scallops, Morton Bay Bugs, Crabs, Crab Meat, Fried Rice, etc</p>	
<p>Soy</p>	<p>Soy, Biscuits, Cake Mixes, Bean Sprouts, Potato Chips, Rice Crackers, Dressings, Sauces, Tofu, Spreads, Imitation Milk, Marinades, Processed Meats, Spices, etc</p>	
<p>Wheat</p>	<p>Flour, Bread, Beer, Broth (canned & cubed), Cakes, Biscuits, Ice-Cream, Binders & Fillers (hot dogs, deli meats), Pie Fillings, Puddings, etc</p>	
<p>Sesame Seeds</p>	<p>Sesame Seeds, Oil, Bread Crumbs, Crackers, Cereal, Flavourings (rice, noodles, stir fry), Margarine, Seasonings, Pretzels, Rice Cakes, Bagels, Sesame Bars, etc</p>	