

Covenant Christian School

Community Freezer - Ingredients Form

Mission

“To assist in supporting the relationship between the school and families by providing a compassionate and practical service for those within the school community.”

Thank you for taking the time to bless a Covie family with a meal.

Thank you also for filling out this form which assists us greatly when families have special dietary needs/allergies.

Kindly complete the details on this form ensuring you check all ingredients, including hidden ingredients such as sauces, stocks, margarines, pastes etc, which can contain ingredients that are easily overlooked.

Dish name: _____
Quantity (approx # of people): _____ Date prepared: _____
Prepared by: _____ Phone: _____

**It would be helpful if your meal is in a container that does not need to be returned.
Thank you**

Please advise if this meal contains any of the following:

Milk (eg soy, rice cow's milk) _____

Other Dairy (eg butter, margarine, cream) _____

Any form of nuts (which ones) or sesame seeds
(Please check oils, sauces, pastes) _____

Monosodium Glutamate (MSG E621)
(Please check oils, sauces, pastes) _____

Fish/Seafood
(Please check oils, sauces, pastes)
* watch out for fish sauce/shrimp paste _____

Eggs _____

Wheat based products
(Please check oils, sauces, pastes, bread crumbs, flour or thickening agents) _____

Freezer Coordinators

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All knowledge through Christ