

I am ALLERGIC to MILK



I cannot eat food containing MILK or any DAIRY, even in small amounts.

This includes cow and goat's milk, butter, cream and yogurt.

Please use clean gloves, surfaces, utensils, cookware and frying oil when preparing my meal.

Thank you so much!

@cmpa_mom

CONTAIN MILK:

Cheese	Whey
Cream	Casein
Yogurt	Lactose
Sour cream	Artificial or natural flavouring
Milk powder	Caramel flavouring
Ghee	Packed chips or snacks
Butter	Processed meats
Custard	E numbers (some)
Chocolate	

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