

Menu planning for children's education and care

Egg allergy



Key Information

- Children with egg allergy must avoid egg and all foods containing egg, including baked egg. This includes eggs from hens, ducks and quail.
- Eggs can be in many foods including bakery products and other packaged foods.
- Egg should not be removed, or banned, from the menu of a long day care centre because it contains important nutrients.
- When egg is used as the main protein in a meal, it is important to replace it with another protein for the children who are allergic to egg.

Providing food and drinks to children with Egg allergy

This fact sheet is for cooks and chefs working in children's education and care.

All food allergies must be taken seriously, and staff should know how to manage an allergic reaction. For information and guidance about managing food allergy, see the National Allergy Council's [Best Practice guidelines](#) for anaphylaxis prevention and management in children's education and care.

For more information on preparing and serving food for children with food allergies, complete the National Allergy Council's [All about Allergens for Children's education and care course](#) and download the National Allergy Council's [All about Allergens for Children's education and care booklet](#).

The Healthy Eating Advisory Service course, [Managing allergies and other dietary requirements in children's education and care](#), should then be completed. You will find a micro-module specific to managing [egg allergy](#) within this course.



Egg must be strictly avoided for children with egg allergy while attending an early childhood service. Children who tolerate baked egg, or small amounts of egg as part of a medical allergy treatment program, should only be given those foods at home.

Reading food labels for egg allergy

It is important to check the labels of all packaged foods for egg as an ingredient.

You should also check for precautionary allergen labelling for egg, for example 'may be present' or 'may contain' statements.

These products must not be given to children with egg allergy.

If you notice a food does not have a label, ask the supplier for a product information form.

You should read food labels for egg as an ingredient each time you purchase the product, when it is delivered, and when you serve the food or before you use it in cooking for a child with egg allergy.



For more information, refer to the [Reading food labels for food allergens](#) section of the National Allergy Council's Food Allergy Aware website.

Check for egg in the statement of ingredients

INGREDIENTS: Water, wheat flour, sugar, canola oil, non fat milk solids, wheat starch, whole egg powder, raising agent (500), salt, natural flavouring, colour (161b), vitamins (thiamine, folic acid).

CONTAINS: Milk, egg, wheat, gluten.

Check for egg in the summary ('contains') statement

Reading labels for egg allergy



INGREDIENTS: Wheat flour, sourdough culture (water, rye flour), wholemeal wheat flour, iodised salt, yeast.

CONTAINS: Wheat, gluten.

MAY BE PRESENT: Soy, egg, sesame.

Check for egg in the precautionary allergen labelling ('may be present') statement

Food label image source: [National Allergy Council](#)

Reviewing your menu for egg

Foods and drinks that contain egg, or likely to contain egg as an ingredient, are listed below. Check the [Menu planning guidelines for long day care](#) for more information on foods to include on your menu as some of the foods listed as examples do not meet the menu planning guidelines.

Food Group	Foods and drinks containing, or likely to contain, egg. Always check the label
Lean meats, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	<ul style="list-style-type: none"> • Eggs – poached, boiled, fried, scrambled, omelet • Quiche, egg slice, frittata, egg and bacon pie • Crumbed or battered products • Patties, burgers, sausages • Meatloaf, meatballs • Processed meats
Grain (cereal) foods	<ul style="list-style-type: none"> • Fresh egg pasta, some dried pasta and spaghetti • Fresh egg noodles, some dried noodles • Fried rice or fried noodles • Bakery products – some breads and bread rolls • French toast • Pancakes, pikelets
Milk, yoghurt, cheese and/or alternatives	<ul style="list-style-type: none"> • Some custards • Pudding, mousse • Ice cream, sorbet
Fruits and vegetables	<ul style="list-style-type: none"> • Pre-made salads with egg
Cakes, biscuits, and other sweets	<ul style="list-style-type: none"> • Buns with glazing • Meringue, pavlova • Souffles, flans, tarts • Cakes, muffins, slices
Salad dressings and dips	<ul style="list-style-type: none"> • Some salad dressings • Some dips
Soups	<ul style="list-style-type: none"> • Some soups
Jams and spreads	<ul style="list-style-type: none"> • Lemon Butter
Drinks	<ul style="list-style-type: none"> • Eggflip • Eggnog

Planning meals for children with egg allergy

Replacing egg on your menu

Eggs contain nutrients for children's growth and development such as protein, vitamins, and minerals. They should not be removed from the menu of a long day care centre. Children who do not have egg allergy should continue to be served eggs.



For more ideas, see the National Allergy Council's [Ingredient Substitution Tool](#) for foods you can use to replace eggs

When replacing eggs on your menu, remember to check if children have other food allergies. Check that the replacement does not contain those allergens. Below is a list of suggested replacements to use in place of egg.

Egg product	Suggested replacement
Egg - used as a source of protein in a dish	<p>Non-vegetarian options:</p> <ul style="list-style-type: none"> • Lean meats – beef, chicken, lamb, pork • Fish <p>Vegetarian and vegan options:</p> <ul style="list-style-type: none"> • Soy based products – tofu, tempeh, textured vegetable protein • Lentils, legumes, chickpeas
Egg - used for binding or aerating	<ul style="list-style-type: none"> • Egg replacer – many brands available • Mashed banana • Apple puree • Flaxseed meal mixed with water • Chia seeds mixed with water • Aquafaba (liquid from canned chickpeas)

How to change recipes

Here are some examples of how to change a recipe so it is egg free. If a separate meal is required, make meals for children with allergies look like meals served to the rest of the children. This way children with allergies will feel included at mealtimes.

Recipe	Modification to recipe
Homemade cupcakes	Cupcakes usually include egg as an ingredient for binding. Egg is not used as a source of protein. Use mashed banana instead of egg for binding.
Meatballs	Meatballs usually include egg as an ingredient for binding. Egg is not the main source of protein in this recipe. Use an egg replacer instead of egg for binding.
Egg fried rice	Egg is the main source of protein in this recipe. Replace the egg with another source of protein, for example - chicken, pork, tofu, or butter beans

Storing, making, and serving food for children with egg allergy

Children with egg allergy can react to very small amounts of egg in their food.

Make sure you have good food allergen management processes to prevent the risk of cross contamination from foods that contain egg.

This includes:

- cleaning surfaces and equipment
- storing food safely for allergies
- preventing cross contamination of food allergens during cooking and serving
- washing hands or changing gloves in between handling different foods.

More helpful resources and information

For more information see the National Allergy Council's [All About Allergens training for Children's education and care](#) and [All about Allergens for Children's education and care booklet](#), and the Healthy Eating Advisory Services [Managing allergies and other dietary requirements in children's education and care](#) online course.

Further information and support Healthy Eating Advisory Service:

- Early childhood services
- Recipes
- Menu planning guidelines for long day care
- Online module: [egg allergy](#).

National Allergy Council:

- All About Allergens training for Children's education and care
- All about Allergens Resource Hub (Children's Education and Care section)



We're here to support you

Visit our website:

heas.health.vic.gov.au

📞 1300 225 288

✉️ heas@nutritionaustralia.org.au

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