



## Foods Containing Milk

Au gratin	Ovaltine
Bavarian Cream	Ovalmalt
Bisques	Pancakes
Bread	Pie Crust
Butter	Processed Meats
Buttermilk	Salad Dressings
Butter Sauces	Scalloped Dishes
Cakes	Scrambled Eggs
Candies	Sherbet
Cereals	Souffles
Chocolate	Soups
Cocoa Drink Mixtures	Sour Cream
Chowders	Soy Cheese
Commercial Mixes	Spumoni
Cookies	Tuna (canned)
Cream	Waffles
Creamed Foods	Yogurt
Cream Sauces	Zwieback
Cheese	
Curds	Ingredients that indicate the presence of milk:
Custards	Casein
Doughnuts	Caseinate
Fritters	Lactalbumin
Gravies	Lactoglobulin
Hash	Lactose
Hard Sauces	Whey
Ice Cream	Whey Powder
Malt	
Malted Milk	Ingredients that <u>may</u> indicate the presence of milk:
Margarine	Caramel Color
Meatloaf	Caramel Flavoring
Muffins	Emulsifier
Oleo	Natural Flavoring
	Protein