

Diet Information Sheet

Group Name:

Arrival Date:

Departure Date:

Please ask all of your group members if they have any specific dietary requirements and complete the chart below. They should identify themselves to the catering staff at each meal time. Guests or parents of guests are welcome to contact the camp and discuss any concerns they may have regarding catering. Please use the following codes when completing the chart.

X = I am allergic or intolerant to this item- serious consequences may result if I consume it.

R = Religious or moral reasons prevent me from consuming this item in any form.

A = I avoid this item- I try to minimise this item in my diet but the presence of some small amount is not a problem.

D = I don't like this item- no harm will come if I eat it but I just don't like eating it.

Name	No Milk	No Egg	No Wheat	No Gluten	No Peanut	No Tree Nuts	No Soy	No Red Meat	No Beef	No Lamb	No Pork	No Chicken	No Scale Fish	No Shell Fish	No Fat	No Sugar	No Mush-rooms	No Tomato	Other e.g. Diabetic

(Please photocopy if more spaces are needed)

Notes

We are happy to cater for special diets but we do need to be told in advance of people's need.

Also, once a request has been made for special meals we expect that guest to continue with that diet for the entire booking. A distinction should be made between "I prefer soy milk" and "I am allergic to cow's milk". (We happily supply soymilk to those who prefer it; please indicate if you require it.)

Due to the wide range of definitions of "Vegetarian" there isn't a specific column for them. They should indicate the specific animal products they don't eat.