SPECIAL DIETS MEMORANDUM

We are happy to work with your nursing staff/ parents/ campers/ camp staff to accommodate their special food service needs, within the following parameters.

We encourage you to share this list ahead of time with any and all individuals at camp requiring special diets and especially those with multiple or complex allergies and/ or special diets (e.g., Gluten free and Vegetarian etc.)

We provide a limited number of specialty products, as described below. Advance notice of all special diets is required so that the Chef can procure these products ahead of time (sometimes a week or more lead time is needed – the more notice we receive, the better we can prepare).

Individuals with complex food allergies or dietary preferences are strongly encouraged to purchase and supply replacement products if the items we provide are not suitable, and our kitchen staff will prepare them.

We will do our best to provide suitable alternatives from the products available to us, but at times it will be necessary to deviate from the regular camp menu and/ or omit components of the meal entirely.

Vegetarian: Every menu contains a vegetarian and/or vegan meal.

Vegan: Our recipe book provides a vast variety of vegan meals.

Lactose-Free: We provide Lactose free milk and Oat Milk (vegan)

Gluten Free – Celiac: We can order Gluten Free Cereal, Gluten Free Flour, and some Gluten Free Breads and Baked Goods. **Note: Our kitchens are not 100% Gluten Free**

Dairy Free: We provide Oat Milk, Sorbet and Popsicles

Halal: We can provide Halal products with proper notice **and/or provide a vegetarian/vegan option.**