



Aldersgate Camps and Retreats

Medical Diet Form

Aldersgate Food Service offers a broad spectrum of menus served buffet or cafeteria style. Most guests with specialty medical dietary needs are able to accommodate their dietary needs sufficiently with our wide variety and selections. A complementary refrigerator/freezer and microwave are located in our Main Dining Hall area to store and reheat pre-prepared foods brought to supplement more complex dietary needs.

We offer **five primary medical dietary options**: no gluten added (non-celiac), no dairy, no nuts or peanuts, vegetarian or vegan (limited menu). For more information, please see our Allergen Statement, page 4.

Please complete this form and send to Aldersgate **2 WEEKS** before the retreat date.

| Special Dietary Need: | Number of Guests: |
|------------------------------|--------------------------|
| No gluten added: | _____ |
| No dairy: | _____ |
| No nuts or peanuts: | _____ |
| Vegetarian: | _____ |
| Vegan: | _____ |

If a guest has a combination of these needs or other dietary restrictions, those individuals can contact our chef directly at chef@aldersgateretreat.com.

If a guest group is in need of a special diet menu for the majority of the group, Aldersgate Food Service will do our best to accommodate those specific needs as they become necessary. Some extra cost may be incurred for this service. Please contact Guest Services for this request.

Allergen Statement:

Aldersgate Food Service locations contain most common allergens frequently in contact with food. Since allergens are present in our facilities, cross-contact can easily occur. We cannot guarantee any item to be "allergen free" as it relates to prepared menu items. We suggest that you inform the Food Service "Person in Charge" at your meal time and inquire of any allergens prior to partaking of the menu item.

Peanuts or Nuts: Peanuts and nuts are found and used in our facility. If there are known severe allergies requiring Epi-pens or medical attention, we will do our best to abstain from setting out products that contain any kind of nuts or peanuts during the duration of the guest groups stay. It is impossible to guarantee that any menu item will be completely free of nuts or nut allergens, or manufactured in a nut-free facility.

Shellfish: Aldersgate Food Service occasionally utilizes and serves shellfish and seafood proteins. These products are typically labeled as to their ingredients. Shellfish and seafood allergenic protein may be on equipment surfaces and come in contact via unforeseen cross-contamination.

Soybean Oil: Most of our grilling oils, salad dressing, and mayonnaise-based products contain soybean oils. Soy products and soybean oil may be on equipment surfaces and come in contact via unforeseen cross-contamination. Some products used may have soybean oil and soy lecithin, even if products are not labeled as such.

Gluten Sensitive: Gluten can be found in many Aldersgate menu items, and is served on our buffet lines on a regular basis. Aldersgate Food Service has an active bakery, and all items within our facilities can easily be cross-contacted during production and preparation. Although we make good effort to guard our guests' health and well being, gluten may be on equipment surfaces and come in contact via unforeseen cross-contamination at any time during the production or serving process.