

Site:

School, Group or Organisation:

Camp Start Date:

Guest Name:

FIRST Name:

LAST Name:

INSTRUCTIONS:

Please mark **ONE** option from **EACH** of the **THREE TABLES** below to describe your special dietary requirement

Table 1: SPECIAL DIETS DEFINITIONS

Mark **ONE** required Option

Dairy / Lactose Free	No milk, milk products or milk extracts. Soy milk is provided.	
Require Dairy/Lactose free - <b>Milk Only</b>	Will only require a non-dairy based milk (e.g. Soy). Can have dairy/Lactose as an ingredient in the standard menu.	
Gluten Free (Coeliac)	No gluten-containing grains (wheat, rye, oats, barley) or their products or extracts (such as thickeners or malt extract). Alternative carbohydrate sources will be provided.	
Vegetarian	No meat, no fish, no fish or oyster sauces. Alternative protein foods will be provided.	
Vegan	No animal products (including meat, fish, egg, dairy, honey). Alternative protein foods will be provided.	
Wheat Free	No wheat, wheat products or wheat extracts (such as thickeners). Alternative carbohydrate sources will be provided.	
No Beef	No Beef - Alternative protein option is provided	
No Beef or Pork	No Beef or Pork - Alternative protein option is provided	
No Fish	No Fish - Alternative protein option is provided	
No Pork	No Pork - Alternative protein option is provided	
No Shellfish	No Shellfish - Alternative protein option is provided	
No Seafood	This option combines the restrictions of the No Shellfish and No Fish options. Please note that our food may often contain traces of this allergen.	
Gluten Free & Dairy / Lactose Free	This option combines the restrictions of the Gluten Free and Dairy / Lactose free option. No gluten-containing grains (wheat, rye, oats, barley) or their products or extracts (such as thickeners or malt extract). Alternative carbohydrate sources will be provided. No milk, milk products or milk extracts. Soy milk is provided.	
Wheat Free & Dairy / Lactose Free	This option combines the restrictions of the Wheat Free and Dairy / Lactose free options. No wheat, wheat products or wheat extracts (such as thickeners). Alternative carbohydrate sources will be provided. No milk, milk products or milk extracts. Soy milk is provided.	
Vegetarian & Dairy / Lactose Free	This option combines the restrictions of the Vegetarian and Dairy / Lactose free options. No meat, no fish, no fish or oyster sauces. Alternative protein foods will be provided. No milk, milk products or milk extracts. Soy milk is provided.	
Vegetarian & Gluten Free	This option combines the restrictions of the Vegetarian and Gluten Free diets. No meat, no fish, no fish or oyster sauces. Alternative protein foods will be provided. No gluten-containing grains (wheat, rye, oats, barley) or their products or extracts (such as thickeners or malt extract). Alternative carbohydrate sources will be provided. Soy milk is provided.	
No Whole Egg	No Whole Egg- e.g. Poached, Boiled, Fried or Scrambled. Alternate food choices are available. N.B. You will be served food that may contain egg/egg products. All food is prepared in an environment containing egg/egg products.	
No Egg as an INGREDIENT & No Whole Egg.	No Egg as an Ingredient: Food will not be served that has Egg as an ingredient. an Egg free alternative will be provided when Egg is present as an Ingredient, which could include a plain Food option. No Whole Egg- e.g. Poached, Boiled, Fried or Scrambled. Alternatives are available. All Food is prepared in an environment containing Egg/Egg products. This should be managed through avoidance. Traces of Egg will be present. Raw Egg may be present.	
No Traces of Egg. i.e. the product is labelled with 'May contain-AN ALLERGEN'	A Special Diet is TYPICALLY NOT PROVIDED. WE MUST BE CONTACTED TO DISCUSS THIS OPTION. Tel: 02 9653 1676-Option 2.	
No Whole Peanuts / Tree Nuts. i.e. Identified as a specific ingredient.	No Nuts or Tree Nuts- e.g. whole peanut. N.B. A special diet is not provided. The site kitchen is whole nut free. The regular menu for the camp will be satisfactory.	
No Traces of Peanuts/Tree Nuts. i.e. the product is labelled with 'May contain-AN ALLERGEN'	A Special Diet is TYPICALLY NOT PROVIDED. WE MUST BE CONTACTED TO DISCUSS THIS OPTION. Tel: 02 9653 1676-Option 2.	
No Soy	No products containing soy as a listed ingredient. If you have a multi diet category need where soy is one of the allergens of concern, then we may not be able to provide you with a meal that is suitable for you to consume. Please contact us to discuss. Tel: 02 9653 1676-Option 2.	
No Lupin	No products containing lupin as a listed ingredient. If you have a multi diet category need where lupin is one of the allergens of concern, then we may not be able to provide you with a meal that is suitable for you to consume. Please contact us to discuss. Tel: 02 9653 1676-Option 2.	
No Sesame	No products containing sesame as a listed ingredient. If you have a multi diet category need where sesame is one of the allergens of concern, then we may not be able to provide you with a meal that is suitable for you to consume. Please contact us to discuss. Tel: 02 9653 1676-Option 2.	
DIET IS NOT LISTED. List the items of concern in the box provided.	The Guests diet is not listed- includes multi category requirements. A Special Diet is TYPICALLY NOT PROVIDED. WE MUST BE CONTACTED TO DISCUSS THIS OPTION Tel: 02 9653 1676-Option 2. See below to list.	

Table 2: REASON/SEVERITY DEFINITIONS

Mark **ONE** required Option

NON ANAPHYLACTIC or LIFESTYLE/RELIGIOUS REASONS	As described.	
ANAPHYLACTIC to the allergen if present as a WHOLE ingredient	Identified as a specific ingredient. CONTACT WITH THE SITE MAY BE REQUIRED.	
ANAPHYLACTIC to the allergen if present as a TRACE	The product is labelled with 'May contain-AN ALLERGEN'. CONTACT WITH THE SITE IS REQUIRED. TYPICALLY, GUESTS WITH THIS RATING WILL NEED TO PROVIDE ALLTHEIR OWN FOOD.	

Table 3: HOW DO YOU WANT TO DEAL WITH THIS

Mark **ONE** required Option

AS PER THE SPECIAL DIET DESCRIBED	The special diet, if listed, will be satisfactory. Guests may bring supplements if required. If the diet is not identified on our list, then this request will not be catered for. Please contact us if you have further questions. Tel: 02 9653 1676-Option 2.	
AVOIDANCE	A special diet will <u>not</u> be provided. The standard menu will be a suitable base. This diet will be self-managed.The Guest will manage their requirements through avoidance of specific items on the menu. Guests may bring supplements if required. This is a suitable category for those whose DIET IS NOT LISTED. Please contact us if you have further questions. Tel: 02 9653 1676-Option 2.	
ALL FOOD BROUGHT FROM HOME-OPTION FOR THOSE ANAPHYLACTIC TO TRACES OF AN ALLERGEN	THE INDIVIDUAL WILL PROVIDE THEIR OWN FOOD FOR EVERY MEAL, MORNING, AFTERNOON TEA & SUPPER. Pre-Cooked food only. Storage and reheating facilities are available. Allergens maybe present.	

Notes for Guests:

o Not all special dietary requirements can be catered for.

o Each special diet provided consists of three main meals (Breakfast, Lunch & Dinner). Fresh fruit is provided for special diet snacks at other times (MT, AT, Supper).

o The site does not use whole nuts or nut pieces - however as a commercial kitchen, we cannot provide food that is free of traces of nuts or other allergens, or guarantee that a special diet is free from cross-contamination with other food items.

o A sample menu is available on the 'Resources' web page for the relevant site to assist Campers/Guests/Parents who may need to bring their own additional supplements from home. Fridge & freezer space are available as well as a microwave for reheating.

o Those with severe or anaphylactic reactions should also consider using disposable plates & utensils to further reduce the likelihood of cross-contamination.

o Please contact the Bookings Office on 02 9653 1676 option 2 if further information is required.

The information collected here will be used for planning your camp, Crusaders' records and for legal purposes.  
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