

## 2015 MEAL PLAN FORM- Girls' Camp

Office use:

Unit \_\_\_\_\_

ALL CAMPERS must have a completed form returned to the camp by **May 15<sup>th</sup>**

Girl's Full Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade in the fall \_\_\_\_\_

Attending:  Week 1 OR  Week 2

### **Peanut allergy, soy allergy, vegan, organic, celiac, dairy-free:**

These are severely restricted diets which we **unfortunately ARE NOT able to accommodate at our camp.**

Note: vegetarian AND low dairy is a severely restricted diet which we cannot accommodate.

Additionally, if your daughter has **any other allergy** which is severe enough that she cannot choose one of the meal plans below, **unfortunately she will NOT be able to attend our camp.** (If your daughter is in this category, contact the camp to cancel her reservation and process a refund.)

### **Please check the Meal Plan below that applies to your daughter:**

- Regular Meal Plan (Check here if no special diet)
- Vegetarian Meal Plan (Includes cheese, dairy and eggs; not a vegan diet)
- Gluten-Free Meal Plan (Not a celiac diet)

**Yes, lactose intolerant** (Please send lactaid pills with her to camp & note this on the Medical Form)

IF YES: She will either take lactaid pills or she will eat enough of the other foods that are served at the meal.

Does she take lactaid pills (or drops)?  Yes  No

*If yes, please send with her to camp and note this on the Medical Form*

Can she have milk in cooked foods?  Yes  Yes, with lactaid pills  No

Can she eat cheese?  Yes  Yes, with lactaid pills  No

Does she drink soy milk or lactaid milk (in cereal, for example)?  Soy  Lactaid  No

Any other specifics about her lactose intolerance? \_\_\_\_\_

Food sensitivities (list food and reaction; e.g. can't tolerate eggs by themselves, melon gives her a stomachache...)

---

*Our cooks are volunteers who are cooking for 200 persons. We have very limited storage and preparation space. We want your child to be properly nourished and we cannot cook separate meals for every special diet. We cannot be held responsible for cross-contamination, foods that might contain trace amounts of an allergen, or foods that were processed in a factory that processes an allergen.*