



## Medically Necessary Special Diet Request Form

Please print all information and return one week prior to arriving at Tuscarora.

Guest Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Group Name: \_\_\_\_\_

Retreat start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Retreat end date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

First meal: ☐ Breakfast ☐ Lunch ☐ Dinner

Last meal: ☐ Breakfast ☐ Lunch ☐ Dinner

Attending Friday buffet? \_\_\_\_\_

**Please note that we do not provide substitute meals for the Friday Buffet and breakfast meals** because, in addition to the family style meal, we offer a buffet with hot and cold cereals, bagels, fresh fruit, and yogurt. A full salad bar is provided at lunch.

Please indicate your medical restriction below, noting any specifics the chefs must be aware of:

☐ Vegan: \_\_\_\_\_

☐ Lactose intolerant: \_\_\_\_\_

☐ Vegetarian: \_\_\_\_\_

☐ Food allergies: \_\_\_\_\_

☐ Pescatarian: \_\_\_\_\_

☐ Other medical restrictions: \_\_\_\_\_

☐ Gluten free: \_\_\_\_\_

This form is to aid our chefs in better serving you as our guest. It is the responsibility of each guest, when appropriate, to complete this form and email to [group@tuscarora.org](mailto:group@tuscarora.org) two weeks prior to your arrival. We will do our best to fulfill any requests received within the two week period.

Informing Tuscarora of all **medically necessary** dietary needs for concerns, such as lactose intolerance, gluten allergies, severe food allergies and most other allergies, will help us to make your stay more enjoyable. Amongst the fore mentioned allergies, we can accommodate vegan/vegetarian diets.

It is the responsibility of each guest to manage their diet. Our menu will be posted in the Registration Office and we invite you to discuss your needs with one of the chefs. As a matter of health and safety, guests with medically necessary dietary needs, particularly those with severe allergies, should speak with the Dining Room Host(ess) at each meal to confirm that all dietary needs have been addressed.

**We are unable to meet the needs of soy allergies, diabetic diets, low salt/sodium and special diets that are a matter of personal preference, such as low carb or no fat diets. Please know that you are welcome to bring pre-prepared foods that meet your personal dietary needs such as gluten free or dairy free products!**