**Special Dietary Needs/Restrictions Form**

Friendly Pines strives to make every camping experience a positive one, and recognizes the importance of providing delicious and well-balanced meals. While it is impossible to satisfy every individual within a group, our camp meals are designed for popular appeal and we incorporate a variety of offerings, and make adjustments for special dietary needs when necessary.

**Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Special Meal Requests:

Check One: Please √ the box to indicate whether an dietary issues is applicable to your student

**Type of Meal Description**

* Vegetarian Does not contain meat, fish or seafood. May contain dairy products such as milk, butter, cheese and eggs.
* Vegan Vegetarian Does not contain meat, fish, fowl, eggs, honey, dairy products or derivatives.

 Diabetic For those who need to manage blood sugar levels. Foods excluded are sugars, syrups, jams, cakes and chocolates, unless specifically for diabetics.

* Bland For those with digestive tract and gut disorders. Excludes mustard, pickles, garlic, fried and fatty food.

 Gluten Free Foods excluded are wheat or wheat flour, barley oats and rye, bread, cakes (unless wheat free), pastry, sausages or any flour based products.

* Lactose Free Excludes cheese, dairy products and their derivatives and lactose or milk products.

**Food Allergies:**

If your student has any food allergies please describe them below. Common food allergies can include but are not limited to: milk, eggs, peanuts, tree nuts (such as almonds, cashews & walnuts), shellfish, fish, soy, and wheat.

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