

Hello Mountain Trails Camper,

At Mountain Trails we pride ourselves in providing great food as well as great fun during your stay. We want to provide you with enjoyable and nutritious meals that you will remember us by. As you have indicated you require a special diet, on your Camp Form, we need your help to know exactly what you require.

Please complete the following form and send it back to us ASAP. If you are uncertain regarding any question, give us a call and speak to our food service people. Remember, we can only meet your needs if we have this form back at least one week prior to your arrival, so we can plan to make any special preparations or purchases.

1. Are you allergic to any foods?

Y / N (*circle one and cross out the other*)

If so, what?

.....  
.....  
.....

What reaction do you get/ how severe?

.....  
.....  
.....

*please turn over*

2. Are you a 'vegetarian' ?

Y / N (*circle one and cross out the other*)

Do you eat Chicken, Fish, Eggs Cheese ?

*(circle food eaten, & cross out food not eaten)*

.....  
.....

3. Are you intolerant to Lactose?

Y / N (circle one and cross out the other)

Do you eat Cheese, Yoghurt, Ice Cream, Milk cooked in food ?  
(circle food eaten, & cross out food not eaten)

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.....

4. Do you require a Gluten Free Diet?

Y / N (circle one and cross out the other)

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.....

5. Any other foods that need to be excluded from your diet?  
Please specify.....

.....  
.....

Is there a specific substitute? .....

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6. Any other comments on your diet?

.....  
.....  
.....

Name of responsible person completing this form.....

Signed .....

If we have any concerns, our Food Service Team will call you prior to  
Camp.