

COMPREHENSIVE DIETARY NEEDS GUIDE

CAMP LEBANON

updated 2/21/23

We feel it is important to share as much information as we can about our menu and meal preparation prior to your arrival, and thus we've provided for you a menu of your retreat's meals along with this guide.

ALLERGEN INFORMATION

Fish

Crustaceans

Eggs

Gluten

Lactose/Dairy

Soy

Tree nuts

Peanuts

Wheat

It is important that you are aware that allergens are present in the Camp kitchen, we therefore cannot guarantee the absence of accidental cross-contamination. We assure you, however, that our kitchen staff is passionate about meeting your needs fully. Please contact us with any questions about meal preparation procedures.

If you have an allergy to any of these, we can make you a separate and safe meal! These are often present in our guests' main courses.

We are aware that there are many more allergies to be concerned about, and you may not have an issue with any of the allergens above. Stand-alone allergens such as fruits or condiments can be skipped in the buffet line. Please let us know in advance how to best work with you to ensure your safety.

**THANK YOU FOR COMMUNICATING AND WORKING WITH US
ON HOW WE CAN BEST SERVE YOU DURING YOUR STAY!
WE ARE HAPPY TO HEAR FROM YOU WITH ANY QUESTIONS
YOU MAY HAVE.**

WHAT CAMP OFFERS YOU

Our Dining Hall is equipped to host up to 250 guests at a time. Our food is served buffet-style, with four lines to go through. Within our buffet, there is always an assortment of nutritious options for everyone!**

Camp Lebanon's kitchen staff happily prepares separate meals for those who have registered with specific dietary needs (regarding these allergens).

If you're more comfortable bringing your own food from home, we have a refrigerator and microwave for guest use—just be sure to clearly label your food items before placing them in the fridge.

****Please Note:** In our desire to create well-balanced & safe meals for all our guests, we are aware that some of you wish to continue to keep your very specific diets (paleo, Whole-30, sugar free, Atkins, low-carb, etc.) while at Camp. Our kitchen does everything they can to accommodate to a wide variety of needs, but does **NOT** create separate meals for individual, non-allergy diets. Take a look at our menu to see what we offer you! Then, please feel free to bring your own meals to ensure all your dietary needs are met.

NAVIGATING MEALTIMES

- If you have registered and noted a dietary need,** our kitchen staff will be expecting you! Bypass the buffet line to talk to a member of our staff about your specially-made meal.
- If you have brought your own meal to prepare, there is a microwave available for guest use in the Dining Hall.

Here to serve,

Tony Cluka, Food Service Manager
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