



## SPECIAL MEALS REQUEST FORM

Thank you for choosing Golden Bell Camp and Conference Center! We look forward to you joining us and we want to make your stay as comfortable as possible. Our meals are typically served buffet-style. We try to provide balanced meals represented by the four basic food groups (dairy, protein, vegetables/fruits, and whole grain), and we do our best to accommodate the major food allergies/preferences (gluten, dairy, and vegetarian).

When it comes to some of the more in-depth allergies and dietary restrictions (preservative/ additive allergies, elimination diets, etc.), we are unable to guarantee that you will not encounter trace amounts of allergens in our food. Therefore, please plan to bring some food to supplement your dietary needs; we do provide a guest refrigerator to further facilitate your needs. Please feel free to contact the kitchen with any further questions/concerns!

If you have allergies or intolerances to Gluten or Dairy or are Vegetarian and would like for our chef to prepare food specially for you, please fill out the following information and return a copy to the email provided below **2 weeks prior to your visit**.

**Nuts, Wheat, Dairy, Soy, Shellfish & Eggs** are commonly found in products used in a commercial kitchen, most in trace amounts. For severe allergies that are life-threatening with any contact or very restrictive dietary needs such as vegan or kosher diets, you will need to bring your own food. Due to limited resources and space, Golden Bell is not set up to handle all diets or allergy severities. Guest refrigerators are available in several areas of the camp.

***If this form is not received 2 weeks prior to your visit we cannot accommodate your request.***

Please fill out the following and return to [CampConBrio@gmail.com](mailto:CampConBrio@gmail.com) by **July 1, 2023**.

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

Arrival Date: \_\_\_\_\_ Age (if under 18yrs): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

I am Allergic / Intolerant / Vegetarian:

**Gluten: Severity (Please Circle): Ingest / Inhale / On Contact**

Describe: \_\_\_\_\_

**Dairy: Severity (Please Circle): Ingest / Inhale / On Contact**

Describe: \_\_\_\_\_

**Vegetarian**

Describe: \_\_\_\_\_

Please be advised that food prepared at Golden Bell Camp and Conference Center may contain these ingredients: dairy, eggs, wheat, soybean, peanuts, tree nuts, fish, and shellfish.