



# TUSCARORA INN & CONFERENCE CENTER

## 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: \_\_\_/\_\_\_/\_\_\_

Breakfast | Lunch | Dinner

Breakfast | Lunch | Dinner

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

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

Vegan: \_\_\_\_\_

Lactose intolerant: \_\_\_\_\_

Vegetarian: \_\_\_\_\_

Food allergies: \_\_\_\_\_

Pescetarian: \_\_\_\_\_

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 ([group@tuscarora.org](mailto:group@tuscarora.org)) to Tuscarora Inn and Conference Center one week prior to your arrival. We will do our best to fulfill any requests received within the one week period.

Informing Tuscarora of all medically necessary dietary needs for concerns, such as diabetes, lactose intolerance, gluten sensitivities, or severe food allergies, will help us to make your stay more enjoyable. We are also able to accommodate vegan/vegetarian diets. We are unable to meet the needs of 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!

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.