



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: ___/___/___

First meal: Breakfast Lunch Dinner Last meal: Breakfast Lunch Dinner

Attending Friday buffet?

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

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

- | | |
|---|--|
| <input type="checkbox"/> Vegan: _____ | <input type="checkbox"/> Lactose intolerant: _____ |
| <input type="checkbox"/> Vegetarian: _____ | <input type="checkbox"/> Food allergies: _____ |
| <input type="checkbox"/> Pescetarian: _____ | <input type="checkbox"/> Other medical restrictions: _____ |
| <input type="checkbox"/> 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 to group@tuscarora.org 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.