

COMPREHENSIVE DIETARY NEEDS GUIDE



CAMP LEBANON

ALLERGEN INFORMATION

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. Thank you for working with us on how we can best serve you during your stay!

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.

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.



Crustaceans

Eggs

Fish

Gluten

Lactose/Dairy

Peanuts

Soy

Tree nuts

Wheat



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—thank you for clearly labeling your food items before placing them in the fridge.

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

****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 following specific diets (paleo, Whole30, sugar-free, Atkins, low-carb, vegan, vegetarian, 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.

Here to serve,

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