



P: P.O. Box 55, Dunkeld, Victoria, 3294
A: 110 Wrights Rd, Dunkeld, Vic, 3294
T: (03) 5577 2257 M: 0405385359 / 0400124027
E: info@grampiansretreat.com.au
W: www.grampiansretreat.com.au

PLEASE – ONLY FOR THOSE WITH SPECIAL DIETARY CONCERNS:

(Do not fill out in cases of **dislike** of certain foods)

Grampians Retreat requires this form returned to us, **a week prior to the camp**, as completed **by the parent or guardian of students**. **Adult guests**, please also complete and return to us.

STUDENT/GUEST NAME: **GROUP**

MEAL OPTIONS: *ONLY for guests with allergies, food intolerances, cultural considerations etc*

Please provide us with as much information as possible – we will endeavour to satisfy your needs.

- Vegetarian meals required? Do you eat fish? Other seafood? Eggs? Dairy products?
- Vegan meals required?
- Do you require gluten free or wheat free options? In all foods? Give details below
- Do you require non dairy options? Drinks only? In all foods? Give details below
- Do you require nut free options? Are traces of nuts acceptable? Give details below
- Are you a diabetic?
- Other dietary concerns?

IMPORTANT / PROVIDE DETAILS: Should your dietary needs extend to all foods and ingredients in prepared meals or food products (eg milk, eggs used in making a cake, ingredient that states it was made with same machinery that has processed nuts etc etc), please indicate. The more information you provide makes for a better time here.

PLEASE NOTE – We welcome food lists or meal suggestions for those with intolerances

Adult Guest Signature _____ Contact Phone No: _____
Parent / Guardian signature (school groups) _____
Contact telephone number _____
(where provided, this allows us contact for clarification)

NOTE: *Organisers/ Teachers – Please copy and distribute this form as needed. Grampians Retreat require THIS form to be filled in and returned to us, preferably a week prior to camp arrival.*