

Critical Diets

Critical Diets refers to diets for those guests who have a serious or potentially fatal risk if their diet is not met.

For such guests who have very restrictive or specialised diets, their arrangements for catering will need to be by negotiation. Where specific brands and products will be required outside our standard diets (listed above), there will be an additional cost to supply their catered meals.

Guests requiring specialised diets need to complete the individual Critical Diet Request form.

Please contact us for a form or fill it in online at:

www.campclayton.org.au/criticaldietform.htm

In some cases, guests need to be aware that it may not be possible for us to cater the required diet. This will be determined by the Chef In Charge.



Special Diets

Camp Clayton endeavours to provide special diet meals to those guests who require alternative diets for medical reasons.

General Diets – covers the general range of known diets
(see inside)

Critical Diets – refers to highly specialised and restricted diets
(see back cover)

General Diets

Provided advance notice is given, and specific brands or ingredients are not required, the following diets are able to be catered for, at no extra cost. Please note that these diets are generally prepared as close to the group's menu as possible. Guests requesting these general diets should be listed on the Special Diets Form completed by the Group Supervisor.

Vegetarian – Where red meat, chicken, lamb, pork, and seafood products are removed from the diet and substituted with foods like nuts, noodles and tofu. Guests with this diet should advise us if they are able to eat any of the above meats and would like them included in their menu.

Vegan – Where all animal products are removed from the diet including all meat and dairy products. Only plant base foods are used in catering for this diet.

Gluten Free / Celiac – Where all wheat and gluten is removed from the diet. We replace wheat products with ingredients labelled “gluten free”.

Lactose Intolerance – Where dairy products are replaced with a soy substitute. Rice milk and nutelex are also available options.

Diabetic – We cater for diabetics with a low GI diet. We supply the menu with low sugar and low fat meals, and try to introduce more grains into the diet.

Allergies – Where various ingredients are removed due to allergy – for example, eggs, fish, nuts*.

**** Nut Allergies***

Nuts are not used in catering where a group advises a nut allergy. All care is taken to avoid the use of nuts or nut traces when advised of an allergy, however it is not possible to guarantee that certain ingredients used will have been prepared on premises that carry nuts or have traces of nut products contained in them. Further it cannot be guaranteed that other guests will not bring in nuts in their own snacks. People with severe nut allergies need to be aware of this disclaimer, and their responsibility to always carry their own medication.

Low fat and soy milk is always available.

Snacks

A special diets basket of healthy snack foods is always available in place of regular morning, afternoon teas and suppers.