Dietary Requirements

Meals at Muskoka Woods are served buffet style. Guests enjoy a wide variety of options and a smaller buffet consistently offering a gluten free and vegan option.

Teachers/Leaders - In order to prepare for your stay at Muskoka Woods, please inform us of any dietary requirements by faxing or emailing this completed form to Sarah at 705.732.6430 / sarahb@muskokawoods.com at least **two weeks** prior to your stay. If more space is needed, please fill out additional forms under the same group name. **ONLY IF** you require any further clarification once you have read and filled out this form accordingly, please contact Justin Barrow, Sous Chef j.barrow@muskokawoods.com who manages guests with dietary needs**.**

-We can accommodate guests who have been diagnosed with celiac disease. Please signify that by checking off the 'gluten free' box, and write "celiac" under "Other allergy / additional details."

-We can also accommodate guests who are allergic to egg, shellfish and soy. Please leave all three boxes blank, vegan, gluten free and lactose free, but list the specific allergy under "Other allergy / additional details.

-We exercise proper caution during preparation and cooking of the meals but cannot guarantee that Muskoka Woods is a nut free facility. We do not use any tree nuts in any of our cooking or baking. We do, however, carry some products that are labelled "may contain nuts".

Group Name:_____ **Trip Date**:_____

Student Name	Vegan	Gluten Free	Lactose Free	**Other allergy / additional details**
_____	☐	☐	☐	_____
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