



## Allergies and Special Dietary Needs

It is important for guests to know that all food is prepared in a single room. This means that, although our kitchen staff are trained to prepare specialty food (such as gluten free alternatives), we cannot guarantee alternatives are free from trace airborne particles. Individuals who are severely allergic to trace particles, as well as individuals with strict elective specialty diets, should plan to bring their own substitutes and staple items.

Allergies and special dietary needs must be communicated to the event coordinator no later than two weeks prior to the retreat to make sure appropriate items are in stock and available.

Michindoh will provide refrigerated storage for those who bring their own substitutes. Items stored in Michindoh's kitchen must be in a sealed bag or container with the guest's name and an expiration date. Microwaves are available in the cafeteria for warming personal food items.

Unless a special menu has been arranged, fruit, yogurt, and cereal are available at every breakfast, and a salad bar is available at every lunch and dinner. These items provide a great variety for many allergies and diets.

### **Dairy free/Gluten free/Soy free**

- Michindoh provides limited alternatives and may not have exact substitutes on hand.
- Special items may be prepared as substitutes (e.g. a pizza with gluten free crust).
- Example: Michindoh may only have one milk alternative (e.g. soymilk, almond milk, etc.).
- Example: A spaghetti dinner might include alfredo sauce and marinara sauce; the dairy free alternative to the alfredo sauce may be the marinara sauce.

### **Vegetarian/Vegan**

- A salad bar and side dishes (may include dairy or egg) are available with lunch and dinner.
- Special items may be prepared as substitutes (e.g. a black bean burger instead of hamburger).

### **Peanut/Tree nut**

- No peanut oils used.
- Avoid all baked goods due to manufacturing areas.
- Limited dessert options available; may want to bring dessert/snacks.

### **Other Allergies and Special Dietary Needs**

- Michindoh can serve a wide variety of guests with allergies and special dietary needs. However, when allergies/needs are compounded, it may limit Michindoh's ability to plan and prepare menus. In these cases, guests may be asked to bring their own meal items.
- PB&Js and cereal available as alternatives at every meal. Very picky eaters are encouraged to bring supplementary items.