



DIETARY RESTRICTIONS

Where possible we will offer a meal choice. Where only alternate drop meals are available, we will provide the following information to the kitchen. When providing meals to large groups it is not possible to cater to personal likes or dislikes.

Indicate which of the following apply to you. You can mark more than one box.

<input type="checkbox"/>	VEGETARIAN – no meat or fish
<input type="checkbox"/>	No Pork
<input type="checkbox"/>	No Red Meat - (Chicken & Fish OK)
<input type="checkbox"/>	No Shellfish
<input type="checkbox"/>	No Fish
<input type="checkbox"/>	Coeliac Disease – absolute gluten free
<input type="checkbox"/>	No fried or crumbed foods
<input type="checkbox"/>	Strict Diabetic Diet (insulin dependent)

ALLERGY or INTOLERANCE (fill in relevant box below)

ALLG	An allergy causes rash, hives, swelling or asthma like symptoms e.g. peanuts. List foods which cause an allergic reaction e.g. Shellfish
SENS	A food sensitivity causes digestive issues e.g. pain, diarrhoea, bloating (e.g. wheat, milk, egg). List the foods for which you have sensitivity.

DESSERT – MAIN MEAL

Fruit Salad (may be fresh or tinned) may not always be available in which case no dessert option will be provided to those who indicate a requirement for FRUIT SALAD.

<input type="checkbox"/>	Fruit Salad Dessert ONLY
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