

Allergy Policy



Groups and organizations visiting Laguna Beach Christian Retreat are encouraged to review the following policy regarding food allergies. Each group or organization is responsible for communicating this policy to their guests attending the event.

1. **Laguna Beach Christian Retreat is not an allergen free facility.** While we limit the use of typical allergens in our foodservice menus, we are not altogether free of allergies. Laguna Beach Christian Retreat also hosts groups and organizations that bring and prepare their own food. Therefore, we cannot ensure that there will not be allergens brought onto our campus or in use on campus.
 - a. Those visiting our campus with medically diagnosed food allergies will need to make our Foodservice Staff aware of the allergy and the severity of that allergy before arrival so that we can prepare to serve you. Group leaders are responsible for gathering medically diagnosed allergy data for their group and communicating it with the Laguna Beach Christian Retreat Foodservice Department one week prior to arrival. You may fill out the attached form or provide the information to us via email. We need the name of the group or organization, name of the student, and the name of the item the student is allergic to. Once we have a total (gluten and dairy free) we will prepare that many meals. The guest will then enter the food line and communicate their allergy with the staff member. The guest will receive a special menu item that is gluten free and or dairy free. Please note we do not cook extra gluten free meals. The gluten free options are only for guests that are allergic to gluten. Guests with dietary preferences must make other plans.
 - b. Those with allergies should bring and carry emergency equipment (i.e. EpiPen) with them at all times.
 - c. Laguna Beach Christian Retreat does not have a licensed nutritionist on staff. Emergency medical care is only provided off campus through local medical providers/hospitals.
 - d. Product ingredient lists are available upon request.

2. Guests visiting Laguna Beach Christian Retreat with dietary restrictions should be prepared to supplement our menu by bringing food with them. We are happy to microwave supplementary food items but cannot cook food to order.
 - a. Dietary preferences such as vegetarian, vegan, dairy free, paleo, etc. will have limited options at mealtimes. Please see our menu below and plan accordingly.
 - b. For those with Celiac Disease, please note that our gluten free menu options are very basic. Please see the attached gluten free menu options.

Menu

Breakfast #1 Scrambled eggs, bacon, grits, biscuits & gravy

Breakfast #2 Pancakes, syrup, sausage, yogurt

Breakfast #3 French Toast, syrup, sausage, yogurt

(Breakfast also includes assorted cereals, milk, canned pineapples, orange juice & coffee)

Lunch #1 Hamburgers, potato wedges, chocolate chip cookies

Lunch #2 Breaded chicken sandwich, macaroni & cheese, chocolate chip cookies

Lunch #3 Ham or turkey sub sandwich, tater tots, chocolate chip cookies

Lunch #4 Beef Tacos with all the toppings, refried beans, queso, rice, brownies

(Lunch also includes fruit punch or tea, apple)

Dinner #1 Lasagna made with meat sauce, corn, brownies & ice cream sundaes

Dinner #2 Fried chicken, mashed potatoes & gravy, green beans, peach cobbler & ice cream

Dinner #3 Spaghetti made with meat sauce, corn on the cob, cake & ice cream

Dinner #4 BBQ chicken, baked potatoes, green beans, banana pudding

(Dinners also include salad with ranch dressing, rolls, tea, and punch)

Gluten and Dairy Free Options:

Breakfast Gluten free waffles, gluten free cereal, soy milk

Lunch Gluten free buns, gluten free cookies, un-breaded chicken breast

Dinner Gluten free spaghetti, gluten free cookies, baked chicken, non-dairy salad dressing

Group Name _____

Arrival Date _____

Departure Date _____

Guest Name _____

Allergies _____

Guest Name _____

Allergies _____

Guest Name _____

Allergies _____

Guest Name _____

Allergies _____

Guest Name _____

Allergies _____

Guest Name _____

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Allergies _____