



## Food, Allergies, & Special Dietary Requests

### SSM Girls Summer Hockey Camps

#### How is camp food?

#### Sample Weekly Menu

#### What if my child has severe food allergies?

#### What if my child has special dietary needs?

#### How is camp food?

Shattuck-St. Mary's School prepares and serves healthful meals on a year-round basis. For those who enroll in our summer camp programs, this food service is fully included in the camp tuition. Our menus feature traditional hot breakfast, lunch, and dinner made with healthful and eco-responsible (organic if possible) ingredients. We furnish a variety of choices and try to provide vegetarian, gluten free, and dairy-free options at every meal. Our Saber Café is also open daily for the purchase of smoothies and snacks.

- ❖ Please Note: Although all prepared meals and snacks are nut-free, we are not a "Nut-Free" campus. We ask you to list the allergies and or special dietary needs on the medical forms.

#### Sample Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Sausage Link Home Fries Yogurt/Granola Wheat Bagels Cherrios/Kix Cereals Carrot/Bran Muffins	Poached Eggs Bacon Hash Brown Yogurt/Granola Fresh Fruit Cherrios/Kix Cereals Waffles Wheat Cinna. Toast	Hard Broiled Eggs Ham Diced Potatoes Yogurt/Granola Wheat Bagels Cherrios/Kix Cereals English Muffin/Croissant	Egg Omelet Sausage Patty Tri-Potatoes Yogurt/Granola Fresh Fruit French Toast Waffles Low Fat Breakfast Bread	Canadian Bac. Sandwich Sunny Setup Eggs Sausage Link Skillet Potatoes Yogurt/Granola Wheat Bagels Cinnamon Sticks Creamy Wheat
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Noodle Soup Apple-Cranberry Salad Supreme Taco Salad Veggie Wraps Pita Bread Peach Chicken Vegetable Lasagna Cheese Pizza White Rice Vegetable Kabobs	Clear Chicken Broth Garden Salad Crudités Breakfast Wrap Dinner Rolls Roasted Pork Tofu Stir-Fry Ravioli with Sauce Red Potatoes Steamed Green Beans	Tomato Soup Summer Pasta Salad Antipasto Cheese & Crackers Rosemary Focaccia Grilled Ham and Cheese Grilled Cheese Sandwich Mac and Cheese Asian Stir-Fry Rice Steamed Broccoli	Beef Barley Soup Spinach and Vinaigrette Mozzarella Salad Turkey Caesar Wraps Grilled Pita Chips Chicken Stir-Fry Veggie Chow Fun Italian Calzone Steamed Rice Mixed Vegetables	Potato Salad Fruit Salad Pulled Pork Hamburger Chicken Breast Veggie Burgers Baked Beans Chips Rice Krispy Bars Brownie Bits



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Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Noodle Soup Greek Salad Pita Hummus Gyro Meat Honey Glazed Ham Pita Pocket Baked Potatoes Brown Rice Peas and Corn Chocolate Pudding	Clear Chicken Broth Chips and Salsa Florentine Baguette Pepperoni Pizza Baked Chicken Spinach Fettuccine Bread Sticks White Rice Grilled Vegetables Vanilla Ice Cream	Garden Vegetables Tuna Salad Veggies and Dip French Dip Asian Dumplings Mini Buns Croissants Eggrolls Seasoned Bay Carrots Jello	Beef Barley Soup Caesar Salad Black Olive Bread Moroccan Chicken Salmon Teriyaki Baked Sweet Potatoes Moroccan Couscous White Rice California Blend Veggies Italian Ice	<b>Pizza at the Sports Complex Sabre Café Chocolate Chip Cookies Rice Krispie Treats</b>

#### What if my child has severe food allergies?

If your child has serious food restrictions and/or allergies, please contact the camp director [gordon.stafford@sm.org](mailto:gordon.stafford@sm.org) and/or director of food services [linda.barral@s-sm.org](mailto:linda.barral@s-sm.org) as soon as possible to discuss the options available. Plans must be developed before arriving at camp.

#### **Parent/Guardian responsibilities concerning your child with severe food allergies:**

- Provide the camp director with a medical diagnosis and signed letter from a physician indicating what causes the response, what type of response has occurred in the past, symptoms, and any treatment/prevention strategies.
- The camp director will email a copy of the camp menu for the period of time that your skater will be attending the camp. After reviewing the menu, discuss any concerns of potential allergens with the camp director and/or the food service director. It is the family's responsibility to review with the child the information needed to manage the child's food allergy.
- Discuss your child's desire to attend camp with your health care professional to determine if camp is a possibility.
- For those children with extreme sensitivity to food allergens, strong consideration for the parent/guardian to attend camp with the skater must be discussed.
- Please understand that, in rare cases, it may be necessary for the camper to provide his/her own food for the duration of the camp.

#### **Children with severe allergies responsibilities:**

- Never trade food with other campers.
- Never eat anything with unknown ingredients.
- Read every available label and check any questionable ingredients with a parent, guardian, or adult camp leader.



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- Be proactive in the management of any reaction, and immediately seek help if a reaction is suspected. Tell an adult leader if a reaction seems to be starting, even if there are no visible symptoms of an allergic response.
- ❖ **If the child is unable to perform any of these responsibilities, a parent/guardian should attend camp with the child.**

**Upon arrival at camp:** The parent/guardian and child will meet with the camp director, camp nurse, and the camp food service director. The meetings will review the specific food allergies, symptoms, typical reaction, and treatment. All information regarding your child's allergy, including directions from the doctor regarding medication, should be given in writing to the camp nurse, camp director, and food service director.

**Medication:** Provide adequate amounts of unexpired medication. Keep in mind that additional medication may be necessary based on the activities planned for the skater. Review the medication, including the written directions and proper use with camp nurse and camp director. **All prescription medications need to be in the original LABELED bottle/box** for the nurse to dispense. Legally, the nurse cannot dispense medications that are unlabeled. If the medication dosage is different than what is on the labeled prescription bottle/box, then a doctor's written order needs to be given to the nurse upon arrival.

#### 7.1 What if my child has special dietary requests?

Our daily menu offers a variety of choices and we try to provide vegetarian, gluten free, and dairy-free options at every meal. If you would like to request that special meals be prepared for your child, you will need to provide the camp director [gordon.stafford@s-sm.org](mailto:gordon.stafford@s-sm.org) a medical diagnosis and signed letter from a physician indicating the medical reason for this request. Our health services department has to approve the request (please understand that the doctor's note is not an automatic "yes").