



CAMP MATHER FOOD INFORMATION

The Camp Mather Dining Hall offers various options for individuals with dietary restrictions or allergies. Guests receive the weekly menu upon check-in. The menu items are labeled according to basic diets and allergies.

Vegetarian (V), Vegan (VG), Gluten-Free (GF), & Contains Nuts (N)

Listed below are items that are usually available and allergens found in the dining hall.

Gluten-Free:

- Pancake Mix
- Soy Sauce/Tamari
- 7 Grain Sandwich Bread
- Hot Dog & Hamburger Buns
- Rice Crispy Cereal & Rice Crispy Treats
- Dry Pasta (Chickpea Penne & Brown Rice Spaghetti)
- Pizza Crust
- Popsicles & Ice Cream
- Salad Dressings
- Entrée Items: Fried Chicken, Meatloaf, & Gravy

Nut-Free:

- The Camp Mather Dining Hall serves Peanut Butter, Nutella, & some pastry items that may contain nuts or are processed in a facility that contains nuts.
- All items containing nuts are labeled on the serving lines.
- Any guest with a severe nut allergies, please make sure to inform Camp Mather staff before your arrival.

Dairy-Free:

- Soy Milk, Plain
- Rice Milk, Plain
- Popsicles (for Ice Cream days)

Vegetarian & Vegan:

- There are basic salad bars on each serving line along with a large cold bar that includes many more fresh fruits, vegetables, & plant based proteins.
- During dinners on Monday the Camp Mather Dining Hall participates in **Meatless Monday**. The all entrees and side dishes are Vegetarian or Vegan. To learn more visit <http://www.meatlessmonday.com/about-us/>

NOTE

Specialty food and medicines can be stored in our coolers or freezer. Ensure that your bag or cooler is labeled with your last name & cabin number. The kitchen is open from 7:30AM-8PM. If you need to grab an item from your cooler or freezer bag please let someone in the kitchen or dining room know.

To address celiac concerns.

We carry GF options that are processed in facilities that utilize gluten based products, this includes our Camp Mather dining hall. Items like the sandwich bread, buns, and cookies/treats come individually wrapped or in special packaging. Other items like our GF Fried Chicken or GF Meatloaf are more susceptible to cross contamination. Our staff is trained to utilize separate serving utensils, cutting boards, and clean gloves when handling GF products. In the kitchen all GF items are fried in a freshly cleaned fryer with new oil, pancakes are cooked in separate pans not on the main griddle, & GF pasta is always cooked in a separate pot in clean water. However many times the GF products are served on the same table or in the same area as items that contain gluten. But if at any point in time you are unsure about any item in the dining hall please feel free to find Chef or ask for assistance from someone in the kitchen. It is no trouble to let you read a label or open a new pack of bread or buns to ensure you or your family member(s) feel comfortable at meal times.