

# Claremont Food Services: Provisions for Special Dietary Needs

## Nut-sensitive policy:

- Any products that contain nuts, traces of nuts, and/or nut products are not purchased.
- If a product specifies that it may have been in contact with nuts during its production process, this item will not be provided to a client who is allergic to nuts.
- Dietary concerns, including food restrictions and allergies, will be addressed with advance notice. Substitutions will be provided when possible.

## Substitution examples:

### 1 Vegetarian:

- No chicken = use tofu/vegetable stir fry; vegetarian chicken products
- No beef = use soy ground round (meatloaf/meatballs); vegetarian burgers/hot dogs, vegetarian deli slices (soya or rice cheese)
- No cheese with rennet = use vegetarian cheese (soya or rice cheese)
- No fish = use mozzarella stick

### 2 Lactose intolerance:

- No milk = use juice or soy milk
- No cheese = use lactose-free cheese (soya or rice cheese)

### 3 Common food allergies:

- For example, no onion/mushroom/pepper/garlic/certain spices.
- Prepare the menu item without the particular ingredients (such as spaghetti sauce with no garlic, onion powder and so on).

### 4 Kosher:

- Provide meals that do not contain dairy and meat together.
- No pork or pork product.

### 5 Monosodium Glutamate (MSG):

- Recommend that the client brings all items free of MSG.

### 6 Gluten allergy:

- Recommend that the client brings all items free of gluten.

### 7 Halal:

- Provide the client with Halal chicken as identified.
- Recommend that the client brings all other Halal items.

