

SPECIAL NEEDS AND OTHER DIETARY REQUIREMENTS

The college's caterers are glad to meet a range of dietary requests, whether arising from a medical or religious requirement or as a matter of personal preference. The college asks that all such requirements are notified precisely, and in advance of the event, by the host or organiser. It may not be possible to respond to late dietary requests and, though college staff are resourceful and responsive, alternative dishes are not provided in case.

Regular or standard menus are compiled in accordance with the stated general preference of the organiser. The list below describes the dietary variations to the college's regular inclusive menus.

General policy: the college excludes genetically modified foods from its menus and does not generally offer veal or offal. Where the principal ingredient is from an organic source, this will be stated on the menu. Vegetable oils are used in cooking.

The following diets can usually be met, without extra cost. Organisers are asked to notify their dietary needs within these categories, having notified their guests or participants accordingly where necessary:

Please fill in the following and return at least 15 days prior to your event.

Allergy Diets

Number	Allergy	Code	May Not Eat	May Eat	Comments
	Nuts	NNuts	Any type of nut or products containing nuts or nut traces		
	No Eggs	NEggs	Eggs, including egg products and derivatives.		
	Seafood	NSF	No seafood or shellfish such as prawns, scallops, crabs, lobster, mussels etc		
	Coeliac Disease Allergy to Wheat Gluten Also called Gluten Free	GF	No wheat products that contain gluten. Products based on wheat-flour should be avoided, including pasta, biscuits, sandwiches, cakes rolls etc	Can use gluten-free flour, chickpea flour, rice flour, maize flour, potato flour, cornflour or soya flour. Plain potatoes are gluten-free.	Rice and rice products are safe. Rice cakes may be offered instead of bread. Some coeliac sufferers can take oats (e.g. oatcakes) but do not serve unless requested.
	Diabetes	D	A low sugar intake is advised to control this condition. Avoid products containing sugar and sweeteners		

Non-meat Diets

Number	Allergy	Code	May Not Eat	May Eat	Comments
	Vegetarian	V	No fish, meat or products that contain them such as gelatine.	Dairy products can be eaten such as milk, cheese, eggs, cream. Also fruit, nuts, vegetables, and pulses are eaten too.	Check the main ingredients of stocks and soups with the kitchen before serving.
	Fish-eating Vegetarian	V eats F	No meat or meat based products such as stocks.	Fish, shellfish, and dairy products, fruit, nuts, vegetables, and pulses.	Check the main ingredients of stocks and soups with the kitchen before serving.
	Vegan	VGN	Meat, fish, and dairy products are avoided, no animal derivatives of any kind.	Fruit, nuts, vegetables, and pulses are mainly eaten.	Check the main ingredients of stocks and soups with the kitchen before serving.
	Demi-Vegetarian	DV	Exclude red meat i.e. beef, lamb, venison etc.		
	No Pork	NP	Pork or any pork products.		
	No Beef	NB	No beef or any beef products.		

Religious Diets

Number		May Not Eat	May Eat	Code	Comments
	Judaism Also known as Kosher ----- Islam/ Muslim	No Pork and Shellfish, and no products that contain blood, such as Black Pudding ----- No Pork or products that contain Blood	Beef, Lamb, Goat, Deer, and Fish with Scales Strict adherents require Kosher killed meat and separate utensils. ----- Strict adherents require >Halal killed= meat.	V	A vegetarian (ovo-lacto vegetarian) diet will be offered. We cannot usually offer strict Kosher or Halal diets.

Controlled Diets

Separate dishes are generally not offered for low-fat, low-salt or high fibre diets. Guests are expected to self-select from the general menus. It may be helpful to know that, in the case of low-salt requests (**LS**), food is generally under-seasoned. Unsalted vegetables will gladly be provided and will be shown on menus, where requested in advance. Similarly, portions of unbuttered vegetables will be made available (and indicated on menus) where requested in advance (**LF**).

No dairy (**ND**) - no milk, cream, cheese or butter - will be shown on menus, where requested in advance.

The college and its catering staff will comply in good faith with requests for dietary variations and are guided by the policies above. Colour-coded diet cards are provided to conference and summer school guests to ensure smooth and efficient service and to assist staff. Guests are asked to ensure that these cards are placed prominently in view at each meal. It is especially important for those with significant medical diets, such as a nut allergy, to make themselves known to senior Hall staff and, in addition to the above, to make their own check from day-to-day of dishes offered.

PLEASE NOTE THE FOLLOWING:

Residential Conferences

Colour-coded diet cards will be given to the organiser by the Conference Organiser to hand out to the relevant delegate for them to display at each meal during their stay.

Special Dinner Only

The Hall Manager will liaise with the organiser of the dinner on the night.