

ROCK MOUNTAIN BIBLE CAMP SPECIAL DIETS & ALLERGIES

Regarding dietary restrictions; many allergies and special diets can be accommodated simply by the variety of foods provided at every meal at Rock Mountain. Allergies such as tree-nuts, shellfish, peanuts, etc. are easily avoided. All of our food is cooked in vegetable oil—we do not use peanut oil in our kitchen. If your students or leaders have any questions regarding ingredients, they are welcome to ask our dining room staff to confirm.

Special diets such as vegetarians, pescatarians, or dairy free are typically able to find a suitable option at each meal. With fruit & cereal available at breakfast, and a full salad bar + sides at lunch, there are a variety of foods that will work within those dietary restrictions. For example, if lunch was chicken sandwiches, there are side dishes available, and many options on our salad bar.

For groups, or guests with gluten allergies, egg allergies, or other concerns -- please contact our cook Cathy Rogers directly (Cathy@RockMountain.org) to arrange for meal alternatives. Please let us know how many have that allergy, names, whether they plan to bring their own supplemental food (which some prefer to do), or if they would like a meal alternative provided for them.

There is a full-size refrigerator and microwave available in our dining room, for any individuals with special diets that would like to bring their own supplemental meals or snacks. If you have arranged to have alternative meals available, those will be located on a small table in the dining room, and labeled with the appropriate name.

Should you have additional questions, please feel free to contact Cathy Rogers, Cathy@RockMountain.org