

Issue	Tremont CAN provide	Tremont CANNOT	Comments
Allergies			
Nuts	nut free desserts	promise a nut-free environment	We encourage you to bring additional desserts, snacks.
Shellfish			This is not a problem, as we do not use shellfish in our menu.
Eggs, wheat, gluten	ingredient information on items served.	provide an alternative menu	This will require that you bring much of your own food items.
Dietary			
Vegetarian lacto-ovo (eats milk, cheese, eggs)	meatless entrée, like a garden burger, at each lunch & dinner *	provide an alternative menu.	We always have a wonderful salad bar for lunch and supper.
Vegetarian (doesn't eat milk, cheese, eggs)	meatless entrée, like a garden burger, at each lunch & dinner. *	provide an alternative menu	We encourage you to bring some of your own food, especially for breakfast. We always have a wonderful salad bar for lunch and supper.
Vegan (eats no animal products)	meatless entrée, like a garden burger, at each lunch & dinner. *	provide an alternative menu	We encourage you to bring much of your own food items – especially entrée items. We always have a wonderful salad bar for lunch and supper.
Doesn't eat pork	meatless entrée, like a garden burger, at lunch & supper. We could possibly provide an alternative, e.g. chicken patty instead of BBQ sandwich.*	guarantee no pork will be served during your stay.	This will require advanced communication with Wendy, our chef. You can call her at 865-448-2304 or email her at Wendy@gsmit.org to make her aware of your needs.
Gluten-free diet (Celiac disease, or other)	limited gluten-free options and gluten information on all menu items.	provide gluten-free menu	We encourage you to bring much of your own items. We always have a wonderful salad bar for lunch and supper with many gluten-free items.
Low carb, low sodium, fat free	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	provide specialty items	We encourage you to bring much of your own items. We always have a wonderful salad bar for lunch and supper with many gluten-free, low carb options.
Organic	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	provide organics	We realize that organic foods are often healthier, but we are not able to provide them for participants. We sometimes have produce from our staff gardens at the salad bar.
Avoids hydrogenated oils, saturated fats, corn syrup	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	provide specialty items	We recognize these are good dietary practices, but we cannot realistically provide them with all of our meals. .
Picky eater	peanut butter & jelly sandwiches.	provide alternate menu or special/name brand items	We purposefully serve a wide variety of kid-friendly foods, and can provide peanut butter & jelly sandwiches for extremely picky eaters, but our strategy is to encourage kids to try the food being served. If necessary, you can bring your own (easily microwaveable) foods
Diabetes	fresh fruits, a salad bar at lunch and dinner, and a balanced and varied menu.	special diabetic menu	Contact Wendy, our chef, at 865-448-2304 or email her at Wendy@gsmit.org.

* with adequate notice