



AHKí Retreat

FOOD ALLERGIES / MEAT PROTEIN OPTIONS

**** For your safety and comfort, AHKí requires every participant to fill out and return this form to YOUR GROUP LEADER no later than two weeks prior to your retreat date. Please be clear and specific, as we cannot guarantee changes once we receive your form.****

This form applies to serious and dangerous FOOD ALLERGIES ONLY. However, if you have a food-related MEDICAL condition, please list it below and we will do our best to serve you.

NAME: _____ RETREAT DATE: _____

SIGNATURE: _____

GROUP LEADER NAME: _____

FOOD ALLERGIES _____

MEDICAL CONDITION _____

We also offer the dinner option of a fish (\$10 per meal) and chicken (\$8 per meal) up to 4 dinners per week. If this is something you would like, please check the boxes below!

CHICKEN / FISH OPTIONS

SATURDAY DINNER	MONDAY DINNER	WEDNESDAY DINNER	FRIDAY DINNER
CHICKEN	FISH	CHICKEN	FISH