

Greetings!

I am very happy to accommodate anyone with dietary needs; however, limit them to allergies and restricted diets only. Please inform the kitchen ten (10) days prior to your visit. St. Francis Retreat House kitchen is not a gluten free, allergen free or vegetarian free environment. We will use gluten free and vegetarian products but there is always the risk of cross contamination for which we cannot be responsible. We will also accommodate vegetarian diets. All vegetarian meals may include fish, eggs or dairy products.

Upon arrival at St. Francis Retreat House, all retreatants with dietary issues need to come to the kitchen and speak to the Chef or her assistant. If they do not, we will be unable to comply with their request.

Please feel free to email me with any questions or concerns at rozsfroh@rcn.com or call 610-258-3053 extension 15. Kindly forward this email address to those in your group who have specific food related problems mentioned above.

As the contact person for the retreat, please indicate the food allergies on the worksheet attached.

I look forward to your stay with us at St. Francis Retreat House.

Sincerely,

Roz Garzillo, Executive Chef