



Sunday	Dinner	Picnic Dinner: Walking Tacos, Juice Boxes, Chocolate Chips
Monday	Breakfast	Waffles, Ham Patties, Hard Boiled Eggs, Peach Coffee Cake, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Philly or Chicken Cheesesteaks, Salad Bar, Cole Slaw, Rice Krispie Treats, Fresh Fruit
	Dinner	Chicken Parmesan, Spaghetti, Italian Vegetables, Breadsticks, Salad Bar, Chocolate Sundae Cups, Fresh Fruit
Tuesday	Breakfast	MYO Breakfast Burritos, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Sloppy Joes, Macaroni & Cheese, Chips, Salad Bar, Snickerdoodles, Fresh Fruit
	Dinner	Sweet & Sour, Orange, or Teriyaki Chicken, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Fresh Fruit
Wednesday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Blueberry Muffins, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Homemade Soup, Ham & Cheese Croissants, Potato Chips, Salad Bar, Brownies, Fresh Fruit
	Dinner	Pot Roast, Red Skinned Potatoes, Sweet Corn, Dinner Rolls, Salad Bar, Boston Crème Pie, Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Sausage Links, Hash Brown Patties, Danishes, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Taco Buffet: Beef or Chicken, Refried Beans, Sopapillas, Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Chocolate Cake, Fresh Fruit
Friday	Breakfast	Pastries & Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit

Trout Lake Camps kitchen staff members are accustomed to serving campers with special diets and we do everything in our power to provide safe and tasty alternatives. Gluten/dairy free alternatives are always available to our campers on our alternative serving line during meals as well as vegetarian options. Our kitchens are free of peanut and tree nut products. We provide soy and oat milk in our dining room beverage stations. Campers can bring a few personal food items with them if it is necessary and store them in our guest cupboard or refrigerator located in easily accessible areas in the dining halls (labeled with name and dates). If you have any questions regarding special diet needs, please email rLockhart@TroutCamps.org.