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| <b>Sunday</b>    | <b>Dinner</b>    | Walking Tacos - Beef Taco Meat, Shredded Cheddar Cheese, Tomatoes, Shredded Lettuce, Salsa, Guacamole, Assorted Juice Boxes, Apple Slices with Caramel Sauce                                       |
| <b>Monday</b>    | <b>Breakfast</b> | Buttermilk Pancakes, Sausage Links, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit   |
|                  | <b>Lunch</b>     | Grilled Hamburgers, American Cheese, Pickles, Onions, Tomatoes, Lettuce, French Fries, Dished Salad with Dressings, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Chicken Skewers or Tempura Chicken Nuggets, Assorted Dipping Sauces, Vegetable Fried Rice, Vegetable Eggs Rolls, Fortune Cookies, Dished Salad with Dressings, Cantaloupe and Honeydew Melon Cubes |
| <b>Tuesday</b>   | <b>Breakfast</b> | Assorted Muffins, Scrambled Eggs with Ham and Cheese, Hash Brown Patties, Assorted Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit  |
|                  | <b>Lunch</b>     | Hot Ham and Cheese Sliders on Hawaiian Rolls, Assorted Fresh Veggies, Potato Chips, Dished Salad with Dressing, Watermelon Slices, Assorted Fresh Fruit  |
|                  | <b>Dinner</b>    | Sloppy Joes on Hamburger Buns, Baked Macaroni and Cheese, Dished Salad with Dressings, Cake with Sprinkles, Assorted Fresh Fruit   |
| <b>Wednesday</b> | <b>Breakfast</b> | French Toast, Sausage Patties, Hard Boiled Eggs, Cinnamon Sweet Rolls, Assorted Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit   |
|                  | <b>Lunch</b>     | Beef Hot Dogs, Baked Beans, Frito Corn Chips, Dished Salad with Dressings, Assorted Condiments, Chocolate Pudding with Whipped Topping, Assorted Fresh Fruit                                       |
|                  | <b>Dinner</b>    | Spaghetti with Italian Sausage Sauce, Italian Vegetables, Garlic Breadsticks, Dished Salad with Dressings, Ice Cream Novelties, Assorted Fresh Fruit   |
| <b>Thursday</b>  | <b>Breakfast</b> | Cheese Omelettes, Ham Patties, Home Fries, Assorted Danish Pastries, Assorted Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit   |
|                  | <b>Lunch</b>     | Chicken Tenders, BBQ Potato Chips, Assorted Condiments, Dished Salads with Dressings, Brownies, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Cheese, Pepperoni, or Veggie Pizza, Pasta Salad, Dished Salad with Dressings, Jonny Pops, Assorted Fresh Fruit   |
| <b>Friday</b>    | <b>Breakfast</b> | Waffles, Sausage Links, Hard Boiled Eggs, Caramel Rolls, Assorted Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit   |
|                  | <b>Lunch</b>     | Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Dished Salad with Dressings, Fruited Jello Cubes with Whipped Topping, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Swedish Meatballs, Mashed Potatoes, Beef Gravy, Sweet Corn, Dinner Rolls, Dished Salad with Dressings, Jello Poke Cake with Whipped Topping, Assorted Fresh Fruit                                  |
| <b>Saturday</b>  | <b>Breakfast</b> | Egg/Ham/Cheese Hash Browns, Assorted Doughnuts and Pastries, GoGurt, Assorted Cereals, Fruit Yogurt Cups, Assorted 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](mailto:rLockhart@TroutCamps.org).