



Sunday	Dinner	Cheese Pizzas, Pepperoni Pizzas, Italian Salad, 12 Ounce Capri Sun, Sliced Apples With Caramel Sauce
Monday	Breakfast	French Toast, Butter & 2 Syrups, Sausage Links, Hard Cooked Eggs, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	Lunch	Beef Hot Dogs, Hot Dog Chili, Diced Onions/Cheddar Cheese, Baked Macaroni & Cheese, Salad Bar - Assorted Dressings, Assorted Jello, Pineapple Slices, Assorted Fresh Fruit
	Dinner	Chicken Tenders, Assorted Condiments, Honey Mustard P/C's, Waffle Fries, Dinner Rolls, Salad Bar - Assorted Dressings, Yellow Cake/Chocolate Icing/Sprinkles, Assorted Fresh Fruit
Tuesday	Breakfast	MYO Breakfast Burritos, Scrambled Eggs, Ground Sausage, Cheddar Cheese, Shredded Hash Browns, Salsa/Sour Cream, Flour Tortillas, Assorted Donuts, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fres
	Lunch	Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Salad Bar - Assorted Dressings, Snickerdoodles, Watermelon Slices, Assorted Fresh Fruit
	Dinner	Boneless Chicken Wings, Assorted Sauces, Tater Tots, Salad Bar - Assorted Dressings, Brownies, Red & Green Grapes, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Butter & 2 Syrups, Bacon Strips, Hard Cooked Eggs, Apple Turnovers, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	Lunch	Taco Buffet, Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives/Onions/Tomatoes/Jalapeños/Shredded Cheese/Lettuce, Refried Beans, Churro Fries, Assorted Fresh Fruit
	Dinner	Sweet & Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Chicken & Vegetable Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar - Assorted Dressings, Watermelon Cubes, Fortune Cookies, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Danish, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	Lunch	Grilled Hamburgers, Hamburger Buns, Sliced American Cheese/Lettuce/Tomatoes/Onions/Pickles, French Fries, Salad Bar - Assorted Dressings, Rice Crispy Treats, Peaches & Plums, Assorted Fresh Fruit
	Dinner	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, Parmesan Cheese P/C's, California Blend Vegetables, Garlic Breadsticks, Salad Bar - Assorted Dressings, Jonny Pops, Assorted Fresh Fruit
Friday	Breakfast	Buttermilk Pancakes, Butter & 2 Syrups, Sausage Patties, Hard Cooked Eggs, Assorted Donut Holes, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	Lunch	Sloppy Joes, Hamburger Buns, Tater Tots, Macaroni Salad, Salad Bar - Assorted Dressings, Chocolate Chip Cookies, Assorted Melon Slices, Assorted Fresh Fruit
	Dinner	MYO Fajitas, Beef Fajita Meat, Flour Tortillas, Sautéed Peppers & Onions, Pico De Gallo - Salsa, Guacamole/Sour Cream, Salad Bar - Assorted Dressings, Churro Donuts, Assorted Fresh Fruit
Saturday	Breakfast	Sausage & Cheese Waffles, Bacon, Egg, Cheese, Pepper, Egg Bites, Assorted Pastries, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses Assorted Fresh Fruit, Assorted Beverages

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.