



Sunday	Dinner	Cheese Pizza, Pepperoni Pizza, Italian Salad, Capri Sun, Sliced Apples with Caramel Sauce
Sunday	Dinner	Cheese Pizza, Pepperoni Pizza, Italian Salad, Capri Sun, Sliced Apples with Caramel Sauce
Monday	Breakfast	French Toast, Butter, Syrup, Sausage Patties, Hard Cooked Eggs, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit
	Lunch	Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives, Onions/Tomatoes/Jalapeños, Shredded Cheese/Lettuce, Pico De Gallo, Refried Beans, Churro Fries, Red & Green Grapes, Assorted Fresh Fruit
	Dinner	Tempora Chicken Nuggets, 3 Assorted Dipping Sauces, Korean Beef Bulgogi, Chicken Egg Rolls, Vegetable Fried Rice, Salad Bar, Watermelon Slices, Fortune Cookies, Assorted Fresh Fruit
Tuesday	Breakfast	Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Shredded Cheddar Cheese, Chocolate Croissants, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit
	Lunch	Hot Dogs/Cheeddarwurst/Philly Cheesesteak Brats, Brat Buns, Chili/Sauerkraut, Baked Macaroni & Cheese, Salad Bar, Chocolate Pudding/Whipped Pudding/Shaved Chocolate, Assorted Melon Wedges, Assorted Fresh Fruit
	Dinner	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, California Blend Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Wednesday	Breakfast	Buttermilk Pancakes, Butter, Syrup, Bacon Strips, Hard Cooked Eggs, assorted Donuts, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit
	Lunch	Grilled Hamburgers, Hamburger Buns, Sliced American Cheese, Pickles/Onions/Tomatoes/Lettuce, French Fries, Salad Bar, Snickerdoodles, Assorted Melon Wedges, Assorted Fresh Fruit
	Dinner	Sliced Pot Roast, Roasted Red Skinned Potatoes, Sweet Corn, Dinner Rolls, Salad Bar, Ice Cream Sundae Cups, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Bacon Strips, Hash Brown Patties, Assorted Danish Pastries, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit
	Lunch	Chicken Noodle & Tomato Soups, MYO Sandwiches, Kaiser Rolls, Sliced Ham/Turkey Breast/Salami/Egg Salad/Tuna Salad, American/Pepper Jack/Swiss Cheeses, Pickles/Onions/Tomatoes/Lettuce, Potato Chips, Cole Slaw/Potato Salad, Macaroni Salad, Salted Caramel
	Dinner	MYO Fajitas, Flour Tortillas/Taco Shells, Beef Fajita Meat, Chicken Fajita Meat, Sautéed Peppers & Onions, Pico De Gallo/Salsa, Guacamole & Sour Cream, Salad Bar, Churro Doughnuts, Assorted Fresh Fruit
Friday	Breakfast	Waffles, Butter, Syrups, Sausage Links, Hard Cooked Eggs, Chocolate Croissants, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit
	Lunch	Breaded Chicken Tenders, Honey Mustard, French Fries, Salad Bar, Rice Krispie Treats, Fresh Peaches & Plums, Assorted Fresh Fruits
	Dinner	Turkey Ala King, White Rice Buttermilk Biscuits, Dinner Rolls, Salad Bar, Yellow Cake/Chocolate Icing/Sprinkles, 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.