

**Sample Menu
Jun 19-25, 2016**



Sunday	Dinner	Big Subs, Chips, Big Pickles, Drink Box, Water
	Snack	Fruit Pizza
Monday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Cereal, Yogurt, Fresh Fruit
	Lunch	Bacon Cheeseburger, Chicken Pasta, Steamed Vegetables, Homemade French Bread & Focaccia, Bruchetta, Salad Bar, Italian Ice
	Dinner	Hotdogs, Buns, Calico Beans, Lemonade, Kettle Chips, S'mores
Tuesday	Breakfast	Breakfast Burrito, Tortillas, Eggs, Sausage/Cheese, Spicy Potatoes, Fresh Fruit, Yogurt, Cereal
	Lunch	Homemade Soup, Deli Sandwiches, Crackers, Fresh Veggies and Dip
	Dinner	Slow Roasted Turkey, Mashed Potatoes, Gravy, Sweet Peas, Rolls, Salad Bar, Cake
Wednesday	Breakfast	French Toast, Sausage Patties, Hard Boiled Eggs, Fresh Fruit, Cereal, Granola
	Lunch	Pulled Pork, Buns, Au gratin Potatoes, Salad Bar, Rice Krispie Bars
	Dinner	Terriyaki Chicken, White Rice, Egg Rolls, Vegetable Lo- Mein, Asian Slaw, Fresh Fruit, Fortune Cookies
Thursday	Breakfast	Donuts, Bagels, Cream Cheese, Bananas, Cereal Bowls, Milk Cartons
	Lunch	Burgers, Buns, Corn on the Cob, Watermelon, Chips, Lemonade
	Dinner	Pizza, Breadsticks, Marinara, Caesar Salad, Dessert, Ice Cream, Italian Sodas
Friday	Breakfast	Biscuits and Gravy, Scrambled Eggs, Hashbrowns, Fresh Fruit, Yogurt, Cereal, Granola
	Lunch	Chicken Nuggets, Mini Corn Dogs, Fries, Salad Bar, Dipping Sauces, Cookies
	Dinner	Taco Bar, Tortillas, Chips, Beans, Rice, Beef, Peppers, Homemade Salsa, Corn Muffins, Churros
Saturday	Breakfast	Cinnamon Rolls, Oatmeal, Raisins, Brown Sugar, Hard Boiled Eggs, Cereal, Yogurt, Granola, Whole 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 rice and soy 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 kmiller@TroutCamps.org.