



Sunday	Dinner	Picnic Lunch: Cheese Pizza, Pepperoni Pizza, Italian Salad, Juice Box, Apple Slices with Caramel.
Monday	Breakfast	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Hot & Cold Cereal, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Salad Bar, Snickerdoodles, Fresh Fruit
	Dinner	Marinated Boneless Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake, Fresh Fruit
Tuesday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Banana-Chocolate Chip Muffins, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Hamburgers, Toppings, Chips, Salad Bar, Brownies, Fresh Fruit
	Dinner	Penne w/ Meat Sauce, Farfalle Alfredo with Ham & Peas, Italian Vegetables, Breadsticks, Salad Bar, Italian Ice Cups, Fresh Fruit
Wednesday	Breakfast	Waffles, Ham Patties, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Chicken Tenders, Tater Tots, Salad Bar, Rice Krispie, Fresh Fruit
	Dinner	Baked Ham, Mashed Potatoes, Ham Gravy, Green Beans, Corn Muffins, Salad Bar, Apple Crisp, Fresh Fruit
Thursday	Breakfast	MYO Breakfast Sandwich, Assorted Danish, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Sloppy Joes, Baked Macaroni & Cheese, Cole Slaw, Salad Bar, Chocolate Mousse, Fresh Fruit
	Dinner	Korean Pork, Chicken Skewers, Fried Rice, Vegetable Egg Roll, Broccoli, Salad Bar, Watermelon, Fortune Cookies, Fresh Fruit
Friday	Breakfast	Sausage or Ham Breakfast Casserole, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit
	Lunch	Hot Dogs & Brats, Hot Dog Chili, Sauerkraut, Baked Beans, Macaroni Salad, Salad Bar, Chocolate Chip Cookies, Fresh Fruit
	Dinner	MYO Fajitas, Salad Bar, Sopapillas, Fresh Fruit
Saturday	Breakfast	Pastries, Donuts, Hard Boiled Eggs, String Cheese, Nutrigrain Bar, Assorted Yogurts and Toppings, 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.