



Sunday	Dinner	Cheese or Pepperoni Pizza, Italian Salad, Yogurt Smoothies, Apple Slices with Carmel Sauce
Monday	Breakfast	French Toast, Sausage Links, Hard Boiled Eggs, Blueberry Muffins, Assorted Fruit Yogurts and toppings, Toast / English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	MYO Sub sandwiches, Salad Bar, Sugar Cookies, Assorted Fruit
	Dinner	Marinated/Boneless Chicken Thighs, Scalloped Potatoes, Glazed Carrots, Dinner Rolls, Salad Bar, Cake, Assorted Fresh Fruit
Tuesday	Breakfast	MYO Breakfast Burritos, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Pulled Pork or Chicken BBQ sandwiches, Cole Slaw, Dill Pickles, Tater Tots, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Sweet and Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Vegetable Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Ham Patties, Hard Boiled Eggs, Cinnamon Streusel, Coffee Cake, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	Lunch	Chicken Patties or Fillet Of Fish sandwiches, French Fries, Salad Bar, Vanilla Pudding/Whipped Topping, Assorted Fresh Fruit
	Dinner	Baked Lasagna, Chicken Florentine, Carbonara Lasagna, Italian Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Blueberry Muffins, Assorted Hot & Cold Cereal, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	Lunch	Italian Beef / French Dip Sandwiches, Spiral Fries, Salad Bar, Brownies, Assorted Fresh Fruit
	Dinner	Taco Buffet, Churro Donuts, Assorted Fresh Fruit
Friday	Breakfast	Sausage or Ham Breakfast Casserole, Cinnamon Sweet Rolles, Assorted Hot & Cold Cereal, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	Lunch	Hot Dogs / Bratwurst, Baked Beans, Macaroni Salad, Salad Bar, Chocolate Chip Cookies, Assorted Fresh Fruit
	Dinner	Baked Potato Buffet, Salad Bar, Chocolate Cake, Assorted Fresh Fruit
Saturday	Breakfast	Assorted Pastries, Assorted Doughnuts, Hard Cooked Eggs, String Cheese, Nutrigrain Bars, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, 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.