



Sunday	Dinner	Cheese or Pepperoni Pizza, Italian Salad, Yogurt Smoothies, Apple Slices with Caramel Sauce
Monday	Breakfast	Cheese Omelettes, Smoked Sausage, Home Fries, Blueberry Muffins, Assorted Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	Pulled Pork BBQ or Chicken BBQ, Dill Pickles, Cole Slaw, Assorted Chips, Salad Bar, Vanilla or Chocolate Pudding, Assorted Fresh Fruit
	Dinner	Chicken Parmesan, Spaghetti with Meatsauce, California Blend Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Tuesday	Breakfast	French Toast, Sausage Links, Hard Boiled Eggs, Assorted Danish Pastries, Assorted Cereals, Yogurt Bar, Toast/English Muffins, Assorted Fresh Fruit
	Lunch	Italian Beef/French Dip Sandwiches, Spiral Fries, Salad Bar, Brownies, Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake, Assorted Fresh Fruit
Wednesday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Cinnamon Sweet Rolls, Assorted Cereals, Yogurt Bar, Toast/English Muffins, Assorted Fresh Fruit
	Lunch	Make Your Own Subs - Sliced Ham or Turkey, Assorted Cheeses, Lettuce, Tomatoes, Onions, Pickles, Assorted Chips, Salad Bar, Sugar Cookies, Assorted Fresh Fruit
	Dinner	Grilled Hamburgers, American Cheese, Lettuce, Tomatoes, Onions, Pickles, French Fries, Assorted Condiments, Salad Bar, Chocolate Cake with Chocolate Icing Assorted Fresh Fruit
Thursday	Breakfast	Pancakes, Sausage Patties, Hard Boiled Eggs, Cinnamon Streusel, Coffee Cake, Assorted Cereals, Yogurt Bar, Toast/English Muffins, Assorted Fresh Fruit
	Lunch	Make Your Own Fajitas, Salad Bar, Churro Donuts, Assorted Fresh Fruit
	Dinner	Baked Potato Bar, Salad Bar, Cake, Assorted Fresh Fruit
Friday	Breakfast	Assorted Pastries and Doughnuts, Hard Boiled Eggs, String Cheese, Cereal, Yogurt Bar, English Muffins, Toast, Bagels & 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.