



Sunday	Dinner	Chicken Parmesan, Spaghetti with Meatsauce, Zucchini & Summer Squash, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Monday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Danishes, Assorted Cereals, Yogurt & Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Italian Beef/French Dip Sandwiches, Waffle Fries, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Sliced Roast Turkey, Mashed Potatoes, Stuffing, Turkey Gravy, Sweet Peas, Dinner Rolls, Salad Bar, Assorted Fruit Pies, Assorted Fresh Fruit
Tuesday	Breakfast	French Toast, Sausage Links, Hard Cooked Eggs, Cinnamon Sweet Rolls, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	BBQ Pulled Pork, BBQ Chicken, Baked Macaroni & Cheese, Dill Pickle Chips, Potato Salad, Salad Bar, Watermelon, Assorted Fresh Fruit
	Dinner	Sliced Pot Roast, Oven Roasted Potatoes, Whole Kernel Corn, Dinner Rolls, Salad Bar, Strawberry Shortcake, Assorted Fresh Fruit
Wednesday	Breakfast	Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Blueberry Muffins, Assorted Cereal, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Taco Buffet, Churro Donuts, Assorted Fresh Fruit
	Dinner	Sweet & Sour Chicken, Korean Beef Bulgogi, Fried Rice, Egg Rolls, Steamed Broccoli, Salad Bar, Fortune Cookies, Watermelon, Assorted Fresh Fruit
Thursday	Breakfast	Buttermilk Pancakes, Sausage Patties, Hard Cooked Eggs, Carmel Rolls, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Make Your Own Croissant Sandwiches, Assorted Chips, Assorted Cold Salads, Brownies, Assorted Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice, Pilaf, Glazed Whole Baby Carrots, Dinner Rolls, Salad Bar, Cake, Assorted Fresh Fruit
Friday	Breakfast	Baked Casseroles, Assorted Pastries, String Cheese, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, 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.