



Sunday	Dinner	Cheese or Pepperoni Pizza, Italian Salad, Yogurt Smoothies, Apple Slices with Carmel Sauce
Monday	Breakfast	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Cereals, Fruit Yogurt, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Salad Bar, Snickerdoodles, Assorted Fresh Fruit
	Dinner	Marinated or Boneless Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake wit Whipped Topping, Assorted Fresh Fruit
Tuesday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Banana-Chocolate Chip Muffins, Fruit Yogurt, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Grilled Hamburgers, Sliced American Cheese, Lettuce, Tomatoes, Onions, Pickles, Assorted Chips, Salad Bar, Brownies, Assorted Fresh Fruit
	Dinner	Penne Pasta with Meat Sauce, Farfalle Alfredo with Ham & Peas, Italian Vegetables, Garlic Breadsticks, Salad Bar, Italian Ice Cups, 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 Tenders, Assorted Condiments, Tater Tots, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Make Your Own Fajitas - Beef or Chicken, Flour Tortillas, Sautéed Peppers & Onions, Pico De Gallo, Salsa, Sour Cream, Guacamole, Salad Bar, Churro Donuts, Assorted Fresh Fruit
Thursday	Breakfast	Make Your Own Breakfast Sandwiches - Buttermilk Biscuits, Scrambled Egg Patties, Sausage or Ham Patties, Sliced American Cheese, Hash Brown Patties, Assorted Danishes, Fruit Yogurt, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	Lunch	Sloppy Joes, Baked Macaroni & Cheese, Cole Slaw, Salad Bar, Chocolate Mousse, Assorted Fresh Fruit
	Dinner	Korean Pork & Chicken Skewers, Fried Rice, Vegetables Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar, Watermelon, Fortune Cookies, Assorted Fresh Fruit
Friday	Breakfast	Assorted Pastries, Assorted Doughnuts, Hard Boiled 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.