



Sunday	Dinner	Cheese or Pepperoni Pizza, Italian Salad, Smoothies, Apple Slices with Caramel Sauce
Monday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Blueberry Muffins, Cereal, Yogurt Bar, English Muffins/Toast, Assorted Fresh Fruit
	Lunch	Philly and Chicken Cheesesteaks on Hoagie Rolls, Sautéed Peppers and Onions, Cheese Sauce and Shredded Mozzarella, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Chicken Parmesan and Spaghetti with Marinara, Italian Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Tuesday	Breakfast	Make Your Own Breakfast Burritos - Scrambled Eggs, Ground Sausage, Shredded Cheese, Hash Browns, Sour Cream, Salsa, Assorted Doughnuts, Cereal, Yogurt Bar, English Muffins, Toast, Assorted Fresh Fruit
	Lunch	Sloppy Joes, Macaroni and Cheese, Dill Pickles, Salad Bar, Snickerdoodles, Assorted Fresh Fruit
	Dinner	Sweet & Sour Chicken, Orange Chicken, Teriyaki Chicken, Vegetable Fried Rice, Spring Rolls, Steamed Broccoli, Salad Bar, Watermelon, Fortune Cookies, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Ham Patties, Hard Boiled Eggs, Peach Coffee Cake, Cereal, Yogurt Bar, English Muffins, Toast, Assorted Fresh Fruit
	Lunch	Homemade Soup, Ham & Cheese Croissants, Assorted Condiments and Toppings, Potato Chips, Salad Bar, Brownies, Assorted Fresh Fruit
	Dinner	Pot Roast, Red-Skinned Potatoes, Sweet Corn, Dinner Rolls, Salad Bar, Yellow Cake w/h Chocolate Icing, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs, Smoked Sausage, Hash Browns, Assorted Danishes, Cereal, Yogurt Bar, English Muffins, Toast, Assorted Fresh Fruit
	Lunch	Taco Buffet - Beef and Chicken Taco Meat, Tortillas and Chips, Salsa, Guacamole, Assortment of Toppings, Refried Beans, Churro Donuts, Assorted Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Chocolate Cake w/h White Frosting, Assorted Fresh Fruit
Friday	Breakfast	French Toast, Sausage Links, Hard Boiled Eggs, Cinnamon Sweet Rolls, Cereal, Yogurt Bar, English Muffins, Toast, Assorted Fresh Fruit
	Lunch	Grilled Hamburgers, American Cheese, Lettuce, Tomatoes, Onions, Pickles, French Fries, Salad Bar, Chocolate Chip Cookies, Assorted Fresh Fruit
	Dinner	Baked Potato Bar, Steamed Broccoli, Cheese Sauce, Ground Sausage, Diced Ham, Chili/Beef Gravy, Salad Bar, Chocolate Eclairs, Assorted Fresh Fruit
Saturday	Breakfast	Assorted Pastries and Doughnuts, Hard Cooked Eggs, String Cheese, Cereal, Yogurt Bar, English Muffins, Toast, 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.