

Sunday	Dinner	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, Parmesan Cheese, Zucchini & Summer Squash, Garlic Breadsticks, Salad Bar - Assorted, Jonny Pops, Assorted Fresh Fruit
Sunday	Dinner	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, Parmesan Cheese, Zucchini & Summer Squash, Garlic Breadsticks, Salad Bar - Assorted, Jonny Pops, Assorted Fresh Fruit
Monday	Breakfast	Scrambled Eggs, Bacon Strips, Hash Brown Triangles, Assorted Danish, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Pulled Pork BBQ, BBQ Chicken, Hamburger Buns, Baked Macaroni & Cheese, Dill Pickle Chips, Cole Slaw, Salad Bar, Salted Carmel Chocolate Chip Cookies, Assorted Fresh Fruit
	Dinner	Sliced Pot Roast, Oven Roasted Potatoes, Whole Kernel Corn, Dinner Rolls, Salad Bar, Chocolate Cake/White Icing/Sprinkles, Assorted Fresh Fruit
Tuesday	Breakfast	French Toast, Butter & Syrups, Sausage Links, Hard Cooked Eggs, Assorted Scones, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Grilled Hamburgers/Buns, Hot Dogs/Buns, Hot Dog Chili/Sauerkraut, Shredded Cheddar, Sliced American Cheese, Pickles/Onions/Tomatoes/Lettuce, Baked Beans, Waffle Fries, assorted Cold Salads, Rice Krispie Treats, Chilled Watermelon, Assorted Fresh Fruit
	Dinner	Sliced Roast Turkey, Mashed Potatoes, Stuffing, Turkey Gravy, Sweet Peas, Dinner Rolls, Salad Bar, Apple Pie/Whipped Topping, Assorted Fresh Fruit
Wednesday	Breakfast	Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Blueberry Muffins, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives/Onions/Tomatoes/Jalapeños/Shredded Cheese/Lettuce, Refried Beans, Churro Donuts, Assorted Fresh Fruit
	Dinner	Sweet & Sour Chicken, Korean Beef Bulgogi, Fried Rice, Egg Rolls, Steamed Broccoli, Salad Bar, Fortune Cookies, Chilled Watermelon, Assorted Fruit
Thursday	Breakfast	Buttermilk Pancakes, Butter & Syrups, Sausage Patties, Hard Cooked Eggs, Chocolate Croissants, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Sliced Buffet Ham, Smoked Turkey Breast, Kaiser Rolls, American/Swiss Cheese/Pickles/Onions/Tomatoes/Lettuce, Potato Chips, Assorted Chips, Assorted Cold Cereals, Brownies, Assorted Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice Pilaf, Glazed Whole Baby Carrots, Dinner Rolls, Salad Bar, Strawberry Shortcake, Assorted Fresh Fruit
Friday	Breakfast	Breakfast Casseroles, Assorted Pastries, String Cheese, LG Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice

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.