

<b>Sunday</b>	<b>Dinner</b>	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, Parmesan Cheese, Zucchini & Summer Squash, Garlic Breadsticks, Salad Bar - Assorted, Jonny Pops, Assorted Fresh Fruit
<b>Monday</b>	<b>Breakfast</b>	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
	<b>Lunch</b>	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
	<b>Dinner</b>	Sliced Pot Roast, Oven Roasted Potatoes, Whole Kernel Corn, Dinner Rolls, Salad Bar, Chocolate Cake/White Icing/Sprinkles, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	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
	<b>Lunch</b>	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
	<b>Dinner</b>	Sliced Roast Turkey, Mashed Potatoes, Stuffing, Turkey Gravy, Sweet Peas, Dinner Rolls, Salad Bar, Apple Pie/Whipped Topping, Assorted Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	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
	<b>Lunch</b>	Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives/Onions/Tomatoes/Jalapeños/Shredded Cheese/Lettuce, Refried Beans, Churro Donuts, Assorted Fresh Fruit
	<b>Dinner</b>	Sweet & Sour Chicken, Korean Beef Bulgogi, Fried Rice, Egg Rolls, Steamed Broccoli, Salad Bar, Fortune Cookies, Chilled Watermelon, Assorted Fruit
<b>Thursday</b>	<b>Breakfast</b>	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
	<b>Lunch</b>	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
	<b>Dinner</b>	Marinated Chicken Thighs, Wild Rice Pilaf, Glazed Whole Baby Carrots, Dinner Rolls, Salad Bar, Strawberry Shortcake, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	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](mailto:rLockhart@TroutCamps.org).