



Sunday	Dinner	Cheese Pizzas, Pepperoni Pizzas, Italian Salad, Capri Sun, Sliced Apples with Caramel Sauce
Monday	Breakfast	French Toast, Butter, Syrups, Sausage Links, Hard Cooked Eggs, Chocolate Croissants, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit
	Lunch	Chicken Noodle Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Dished Salads, Fruity Pebbles Marshmallow Treats, Cantaloupe/Honeydew Melon Cubes, Assorted Fresh Fruit
	Dinner	Sloppy Joes, Hamburger Buns, French Fries, Dished Salads, Chocolate Cake/White Frosting/Rainbow Sprinkles, Assorted Fresh Fruit
Tuesday	Breakfast	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Assorted Muffins, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit
	Lunch	Chicken Nuggets, Potato Smiles, Sweet Corn, Dinner Rolls, Snickerdoodles, Peaches & Plums, Assorted Fresh Fruit
	Dinner	Tacos, "Spanish" Rice, Guacamole & Sour Cream, Churro Donuts, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Butter & Syrups, Sausage Patties, Hard Cooked Eggs, Caramel Rolls, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit
	Dinner	Cheese Pizzas, Pepperoni Pizzas, Italian Salad, Capri Sun, Sliced Apples with Caramel Sauce
Thursday	Breakfast	Buttermilk Pancakes, Butter & Syrups, Sausage Links, Hard Cooked Eggs, Assorted Donuts, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit
	Lunch	20 Ounce Hamburger Sliders, Slider Buns, Sliced American Cheese, Pickles/Onions/Tomatoes/Lettuce, Potato Chips, Dished Salads, Chocolate Chip Cookies, Red & Green Grapes, Assorted Fresh Fruit
	Dinner	Spaghetti, Meatsauce/Alfredo Sauce, Italian Vegetables, Garlic Breadsticks, Dished Salads, Ice Cream Novelties, Assorted Fresh Fruits
Friday	Breakfast	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Assorted Muffins, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit
	Lunch	Corn Dogs, Tater Tots, Dished Salads, Assorted Jello, Orange Wedges, Assorted Fresh Fruit
	Dinner	Tempora Nuggets, Fried Rice, Chicken Egg Rolls, Dished Salads, Fortune Cookies, Watermelon Slices
Saturday	Breakfast	Sausage & Cheese Waffles, Bacon/Egg/Cheese/Pepper Egg Bites, Larger Cinnamon Rolls, Assorted hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages

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.