

**Sample Menu  
Jun 19-25, 2016**



|                  |                  |                                                                                                                            |
|------------------|------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Sunday</b>    | <b>Dinner</b>    | Big Subs, Chips, Big Pickles, Drink Box, Water                                                                             |
|                  | <b>Snack</b>     | Fruit Pizza                                                                                                                |
| <b>Monday</b>    | <b>Breakfast</b> | Pancakes, Sausage Links, Hard Boiled Eggs, Cereal, Yogurt, Fresh Fruit                                                     |
|                  | <b>Lunch</b>     | Bacon Cheeseburger, Chicken Pasta, Steamed Vegetables, Homemade French Bread & Foccacia, Bruchetta, Salad Bar, Italian Ice |
|                  | <b>Dinner</b>    | Hotdogs, Buns, Calico Beans, Lemonade, Kettle Chips, S'mores                                                               |
| <b>Tuesday</b>   | <b>Breakfast</b> | Breakfast Burrito, Tortillas, Eggs, Sausage/Cheese, Spicy Potatoes, Fresh Fruit, Yogurt, Cereal                            |
|                  | <b>Lunch</b>     | Homemade Soup, Deli Sandwiches, Crackers, Fresh Veggies and Dip                                                            |
|                  | <b>Dinner</b>    | Slow Roasted Turkey, Mashed Potatoes, Gravy, Sweet Peas, Rolls, Salad Bar, Cake                                            |
| <b>Wednesday</b> | <b>Breakfast</b> | French Toast, Sausage Patties, Hard Boiled Eggs, Fresh Fruit, Cereal, Granola                                              |
|                  | <b>Lunch</b>     | Pulled Pork, Buns, Au gratin Potatoes, Salad Bar, Rice Krispie Bars                                                        |
|                  | <b>Dinner</b>    | Terriyaki Chicken, White Rice, Egg Rolls, Vegetable Lo- Mein, Asian Slaw, Fresh Fruit, Fortune Cookies                     |
| <b>Thursday</b>  | <b>Breakfast</b> | Donuts, Bagels, Cream Cheese, Bananas, Cereal Bowls, Milk Cartons                                                          |
|                  | <b>Lunch</b>     | Burgers, Buns, Corn on the Cob, Watermelon, Chips, Lemonade                                                                |
|                  | <b>Dinner</b>    | Pizza, Breadsticks, Marinara, Caesar Salad, Dessert, Ice Cream, Italian Sodas                                              |
| <b>Friday</b>    | <b>Breakfast</b> | Biscuits and Gravy, Scrambled Eggs, Hashbrowns, Fresh Fruit, Yogurt, Cereal, Granola                                       |
|                  | <b>Lunch</b>     | Chicken Nuggets, Mini Corn Dogs, Fries, Salad Bar, Dipping Sauces, Cookies                                                 |
|                  | <b>Dinner</b>    | Taco Bar, Tortillas, Chips, Beans, Rice, Beef, Peppers, Homemade Salsa, Corn Muffins, Churros                              |
| <b>Saturday</b>  | <b>Breakfast</b> | Cinnamon Rolls, Oatmeal, Raisins, Brown Sugar, Hard Boiled Eggs, Cereal, Yogurt, Granola, Whole 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 rice and soy 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 [kmiller@TroutCamps.org](mailto:kmiller@TroutCamps.org).*