



Sunday	Dinner	Hot Dogs & Brats, Buns, Ketchup, Mustard, Calico Beans, Kettle Chips, Watermelon, Lemonade
	Snack	Trail Mix
Monday	Breakfast	Breakfast Pizza, Muffins, Fruit, Cereal, Yogurt Cups
	Lunch	Pasta Bar, California Veggies, Breadsticks, Salad Bar, Ice Cream Cups
	Dinner	Oven Roasted Turkey, Stuffing, Gravy, Corn, Rolls, Butter, Salad Bar, Cupcakes
Tuesday	Breakfast	Waffles, Sausage Patties, Syrup, Apple Topping, Hard Boiled Eggs, Fruit, Cereal, Yogurt Cups
	Lunch	Tacos! Tortillas, Chips, Beef, Beans, Rice, Tomato, Onions, Olives, Cheese, Lettuce, Homemade Salsa, Sour Cream, Churros
	Dinner	Chicken Strips w/Dipping Sauces, Fries, Salad Bar, Rice Krispie Bars
Wednesday	Breakfast	Cheese Omelets, Bagels w/Cream Cheese, Oatmeal w/Toppings, Yogurt Parfaits, Cereal
	Lunch	Sub Sandwiches, Deli Meat, Cheese, Pita Chips, Veggies, Hummus, Ranch, Ketchup, Mustard, Mayo, Carnival Cookies
	Dinner	Swedish Meatballs, Mashed Potatoes, Steamed Carrots, Rolls, Butter, Salad Bar, Apple Sundaes
Thursday	Breakfast	French Toast Sticks, Sausage Links, Hard Boiled Eggs, Syrup Cups, Fruit, Cereal, Yogurt Cups
	Lunch	Pizza, Salad Bar, Italian Ice,
	Dinner	Baked Honey Ham, Mac & Cheese, Rolls, Butter, Fresh Green Beans, Salad Bar, Strawberry Shortcake
Friday	Breakfast	Cheesy Bacon Scrambled Eggs, Breakfast Potatoes, Cornbread w/Honey, Fruit, Cereal, Yogurt Cups
	Lunch	Burgers, Buns, Chips, Potato Salad, Pickles, Cheese, Fresh Veggies, Homemade Ranch, Sugar Cookies
	Dinner	Burrito Bowls, Beans, Rice, Fajita Vegetables, Pork, Chicken, Chips & Salsa, Lettuce, Cheese, Tomato, Sour Cream, Pudding
Saturday	Breakfast	Breakfast on the Deck! Cinnamon Rolls, Donuts, Hard Boiled Eggs, Bananas, String Cheese, Milk Cartons

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.