



Sunday	Dinner	Huli Huli Chicken, Kings Hawaiian Rolls, Macaroni Salad, Fried Rice, Fresh Fruit, Tropical Punch
	Snack	Fruit Ice
Monday	Breakfast	Breakfast Totdish! - Monkey Bread, Fresh Fruit, Yogurt Cups, Cereal
	Lunch	Deli Turkey, Wraps, Pita Chips, Hummus/Ranch, Fresh Veggies, Cookies
	Dinner	Pot Roast, Mashed Potatoes & Gravy, Steamed Carrots, Rolls, Salad Bar, Cupcakes
Tuesday	Breakfast	Pancakes, Sausage, Hard Boiled Eggs, Syrup, Fresh Fruit, Yogurt, Cereal
	Lunch	Tacos, Tortillas, Chips, Beef, Beans, Rice, Lettuce, Cheese, Tomato, Onions, Olives, Homemade Salsa, Sour Cream, Churros
	Dinner	Lasagna Roll-Ups, Italian Sausage w/Peppers & Onions, Green Beans, Garlic Bread, Salad Bar, Fruit Pizza
Wednesday	Breakfast	Bagel Bar, Sausage Egg Patties, Cheese Slices, Oatmeal w/Toppings, Yogurt Parfaits, Fresh Berries, Cereal
	Lunch	Chicken Club on a Bun, Fries, Lettuce, Tomato, Onions, Cheese, Pickles, Veggies & Homemade Ranch, Rice Krispie Bars
	Dinner	Baked Honey Ham, Macaroni & Cheese, California Veggies, Buttermilk Biscuits, Salad Bar, Pineapple Upside-Down Cake
Thursday	Breakfast	French Toast Sticks, Sausage Links, Hard Boiled Eggs, Syrup Cups, Fresh Fruit, Yogurt Cups, Cereal
	Lunch	Pizza, Salad Bar, Italian Ice
	Dinner	Wing Night! Dipping Sauces, Baked Potatoes, Steamed Broccoli, Salad Bar, Rolls & Butter, Chocolate Chip Bars
Friday	Breakfast	Cheesy Bacon Scrambled Eggs, Crispy Potatoes, Coffeecake, Fresh Fruit, Yogurt Cups, Cereal
	Lunch	Brats, Buns, Chips, Potato Salad, Pickles, Cheese, Onions, Ketchup, Mustard, Veggies, Ranch, Sugar Cookies
	Dinner	Burrito Bowls! 2 kinds of Rice, Black Beans, Veggies, Carnita Pork, Beef, Chips, Homemade Salsa & Guacamole, Pudding
Saturday	Breakfast	Breakfast on the Deck! Cinnamon Rolls, Donuts, String Cheese, Bananas, Hard-Boiled Eggs, 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.