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| <b>Sunday</b>    | <b>Dinner</b>    | Hot Dogs & Brats, Buns, Ketchup, Mustard, Calico Beans, Kettle Chips, Watermelon, Lemonade                               |
|                  | <b>Snack</b>     | Trail Mix  |
| <b>Monday</b>    | <b>Breakfast</b> | Scrambled Eggs, Country Fried Steak, Biscuits & Gravy, Butter, Honey, Fresh Fruit, Yogurt Cups, Cereal                   |
|                  | <b>Lunch</b>     | Bacon Cheeseburger Macaroni, Green Beans, Breadsticks, Salad Bar, Ice Cream Cups   |
|                  | <b>Dinner</b>    | Boneless Country Style Ribs, Scalloped Potatoes, Corn, Dinner Rolls, Salad Bar, Cupcakes                                 |
| <b>Tuesday</b>   | <b>Breakfast</b> | Waffles, Sliced Ham, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt Cups, Cereal   |
|                  | <b>Lunch</b>     | French Bread, Pizza, Salad Bar, Carnival Cookies   |
|                  | <b>Dinner</b>    | Tacos - Tortillas, Chips, Beef, Beans, Rice, Tomato, Onion, Olives, Cheese, Lettuce, Homemade Salsa, Sour Cream, Churros |
| <b>Wednesday</b> | <b>Breakfast</b> | Bagel Bar, Sausage Egg Patties, Oatmeal w/Toppings, Yogurt Parfaits, Berries, Cereal                                     |
|                  | <b>Lunch</b>     | Hot Ham & Cheese on a Bun, Pita Chips, Veggies, Hummus, Ranch, Pickles, Mayo, Mustard, Apple Sundaes                     |
|                  | <b>Dinner</b>    | Pot Roast w/Gravy, Roasted Potatoes, Steamed Carrots, Dinner Rolls, Salad Bar, Chocolate Cake                            |
| <b>Thursday</b>  | <b>Breakfast</b> | Baked French Toast, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit Topping, Oranges, Yogurt Cups, Cereal            |
|                  | <b>Lunch</b>     | Chicken Strips w/Dipping Sauces, Fries, Salad Bar, Ketchup, Mustard, Blondies  |
|                  | <b>Dinner</b>    | Pasta Bar Meat Sauce, Alfredo, Marinara, California Veggies, Focaccia Bread, Salad Bar, Italian Ice                      |
| <b>Friday</b>    | <b>Breakfast</b> | Breakfast Burrito, Tortillas, Eggs, Peppers, Onions, Crispy Potatoes, Salsa, Sour Cream, Sausage, Cheese, Fruit, Cereal  |
|                  | <b>Lunch</b>     | Burgers, Buns, Chips, Potato Salad, Pickles, Cheese, Fresh Veggies, Homemade Ranch, Sugar Cookies                        |
|                  | <b>Dinner</b>    | Rice/Ramen Bowls, Stir Fry Veggies, Chicken, Pork, Sweet & Sour, Sauces, Salad Bar, Mandarin Oranges                     |
| <b>Saturday</b>  | <b>Breakfast</b> | 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](mailto:rLockhart@TroutCamps.org).