



Sunday	Dinner	Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
Monday	Breakfast	French Toast, Sausage Links, Butter & Syrup, Hard Cooked Eggs, Cinnamon Streusel, Coffee Cake, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Assorted Apples, Milk/Juice
	Lunch	Grilled Hamburgers, Hamburger Buns, American Cheese, Lettuce/Tomatoes/ Onions/Pickles, French Fries, Assorted Condiments, Hummus/Veggies, Lemon Bars, Assorted Fresh Fruit
	Dinner	Orange Chicken, Teriyaki Lo Mein Noodles, Broccoli Florets, Tossed Salad, Fruit Pizza, Assorted Fresh Fruit
Tuesday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Bananas, Milk/Juice
	Lunch	Meatball Subs, Sub Rolls, Shredded Mozzarella Cheese, Italian Salad, Rice Krispie Treats, Assorted Fresh Fruit
	Dinner	Baked Ham, Scalloped Potatoes, Green Beans, Cornbread, Orchard Salad, Strawberry Shortcake/ Whipped Topping, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Canadian Bacon, Butter & Syrup, Blueberry Muffins, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Orange Wedges, Milk/Juice
	Lunch	Homemade Soup, Deli Bar, Ham / Turkey / Egg Salad / Chicken Salad Lettuce/Tomatoes/Onions, Assorted Breads & Rolls, Potato Chips, Pasta Salad, Chocolate Chip Cookies, Assorted Fresh Fruit
	Dinner	BBQ Chicken Legs, Tater Tots, Corn, Dinner Rolls, Salad Bar, Yellow Cake/ Chocolate Frosting/Sprinkles, Assorted Fresh Fruit
Thursday	Breakfast	Scrambled Eggs With Ham & Cheese, Hash Brown Patties, Sticky Buns, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Red & Green Grapes, Milk/Juice
	Lunch	Chicken Tenders, BBQ Sauce/Honey Mustard/ Ranch Dressing, Tater Tots, Assorted Fresh Vegetables, Vanilla Pudding, Assorted Fresh Fruit
	Dinner	Baked Lasagna, Garlic Breadsticks, Caesar Salad, Strawberry Sundae Cups, Assorted Fresh Fruit
Friday	Breakfast	Continental Breakfast, Apple & Cherry Turnovers, Assorted Danish, Hard Cooked Eggs, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Peaches, Milk/Juice

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.