



Sunday	Dinner	Baked Meatloaf, Oven Roasted Potatoes, Green Beans, Dinner Rolls, Salad Bar, Peach Pie, 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	Tomato Soup, Grilled Cheese, Grilled Ham & Cheese, BBQ Potato Chips, Fresh Veggies / Dip, Sugar Cookies, Assorted Fresh Fruit
	Dinner	Corn Dogs, Assorted Condiments, Baked Beans, Salad Bar, Chocolate Cake/ White Frosting, Assorted Fresh Fruit
Tuesday	Breakfast	Sausage/Egg/Cheese Croissants, Oatmeal W/Toppings, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Bananas, Milk/Juice
	Lunch	Taco Buffet: Beef & Chicken Taco Meat, Hard & Soft Tortillas / Chips Salsa / Guoc / Olives Onions/Tomatoes/Jalapenos Shredded Cheese / Lettuce, Refried Beans, Churro Doughnuts, Assorted Fresh Fruit
	Dinner	Sweet & Sour Pork, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Orchard Salad, Watermelon Slices
Wednesday	Breakfast	Waffles, Canadian Bacon, Butter & Syrup, Blueberry Muffins, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Orange Wedges, Milk/Juice
	Lunch	Pulled Pork BBQ, Hamburger Buns, Cole Slaw, Dill Pickle Chips, Potato Salad, Chocolate Chip Bars, Assorted Fresh Fruit
	Dinner	Spaghetti / Marinara, Chicken Parmesan, Parmesan Cheese, Garlic Breadsticks, Caesar Salad, Strawberry Sundae Cups, Assorted Fresh Fruit
Thursday	Breakfast	Cheese Omelets, Bacon Strips, Hash Brown Patties, Sticky Buns, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Red & Green Grapes, Milk/Juice
	Lunch	Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
	Dinner	Sliced Roast Turkey, Mashed Potatoes/Gravy, Green Beans, Cranberry Sauce, Dinner Rolls, Tossed Salad, Apple Crisp, Assorted Fresh Fruit
Friday	Breakfast	Pancakes, Sausage Patties, Butter & Syrup, Assorted Doughnuts, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Strawberries, Milk/Juice
	Lunch	Sloppy Joes, Hamburger Buns, Macaroni & Cheese, Hummus / Veggies, Pickled Cucumbers, Chocolate Pudding, Assorted Fresh Fruit
	Dinner	Marinated Chicken Legs, Tater Tots, Corn, Cheddar Biscuits, Salad Bar, Jello Cake, Assorted Fresh Fruit
Saturday	Breakfast	Continental Breakfast: Apple & Cherry Turnovers, Assorted Danish, Hard Cooked Eggs, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, 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 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 rLockhart@TroutCamps.org.