



<b>Sunday</b>	<b>Dinner</b>	Baked Meatloaf, Oven Roasted Potatoes, Green Beans, Dinner Rolls, Salad Bar, Peach Pie, Assorted Fresh Fruit
<b>Monday</b>	<b>Breakfast</b>	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
	<b>Lunch</b>	Tomato Soup, Grilled Cheese, Grilled Ham & Cheese, BBQ Potato Chips, Fresh Veggies / Dip, Sugar Cookies, Assorted Fresh Fruit
	<b>Dinner</b>	Corn Dogs, Assorted Condiments, Baked Beans, Salad Bar, Chocolate Cake/ White Frosting, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	Sausage/Egg/Cheese Croissants, Oatmeal W/Toppings, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Bananas, Milk/Juice
	<b>Lunch</b>	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
	<b>Dinner</b>	Sweet & Sour Pork, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Orchard Salad, Watermelon Slices
<b>Wednesday</b>	<b>Breakfast</b>	Waffles, Canadian Bacon, Butter & Syrup, Blueberry Muffins, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Orange Wedges, Milk/Juice
	<b>Lunch</b>	Pulled Pork BBQ, Hamburger Buns, Cole Slaw, Dill Pickle Chips, Potato Salad, Chocolate Chip Bars, Assorted Fresh Fruit
	<b>Dinner</b>	Spaghetti / Marinara, Chicken Parmesan, Parmesan Cheese, Garlic Breadsticks, Caesar Salad, Strawberry Sundae Cups, Assorted Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Cheese Omelets, Bacon Strips, Hash Brown Patties, Sticky Buns, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Red & Green Grapes, Milk/Juice
	<b>Lunch</b>	Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
	<b>Dinner</b>	Sliced Roast Turkey, Mashed Potatoes/Gravy, Green Beans, Cranberry Sauce, Dinner Rolls, Tossed Salad, Apple Crisp, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	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 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).