



Sunday	Dinner	Walking Tacos: Tortilla Chips, Taco Meat, Shredded Cheddar, Diced Tomatoes, Shredded Lettuce, Diced Onions, Salsa, Guacamole, Sour Cream, Juice Boxes, Chocolate Chip Cookies
Monday	Breakfast	French Toast, Sausage Links, Butter & Syrup, Hard Cooked Eggs, Assorted Donuts, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Chicken Patty Sandwich, Fillet-Of-Fish Sandwich, Hamburger Buns, American Cheese, Lettuce/Tomatoes/Onions/Pickles, Assorted Chips, Salad Bar, Brownies, Assorted Fresh Fruit
	Dinner	Ground Beef Stroganoff, Buttered Egg Noodles, Sweet Peas, Dinner Rolls, Salad Bar, Chocolate Cake/White Icing/Sprinkles, Assorted Fresh Fruit
Tuesday	Breakfast	Scrambled Eggs With Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Pulled Pork BBQ, Hamburger Buns, Coleslaw, Dill Pickle Chips, Potato Salad, Chocolate Chip Bars, Assorted Fresh Fruit
	Dinner	Sweet & Sour Chicken, Orange Chicken, Teriyaki Chicken, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Salad Bar, Watermelon Slices, Fortune Cookies, Assorted Fresh Fruit
Wednesday	Breakfast	Waffles, Ham Patties, Butter & Syrup, Hard Cooked Eggs, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Tomato Soup, Grilled Cheese BBQ, Potato Chips, Fresh Veggies/Dip, Sugar Cookies, Assorted Fresh Fruit
	Dinner	Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Pasta Salad, Italian Ice Pops, Assorted Fresh Fruit
Thursday	Breakfast	Sausage/Egg/Cheese Croissants, Hash Brown Patties, Peach Coffee Cake, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, Milk/Juice
	Lunch	Grilled Hamburgers, Hamburger Buns, American Cheese, Lettuce/Tomatoes/Onions/Pickles, French Fries, Assorted Condiments, Salad Bar, Lemon Bars, Assorted Fresh Fruit
	Dinner	Marinated Chicken Legs, Tater Tots, Corn, Cheddar Biscuits, Salad Bar, Jello Cake, Assorted Fresh Fruit
Friday	Breakfast	Continental Breakfast: Assorted Pastries, Hard Cooked Eggs, String Cheese, Assorted Hot & Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits, 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.