



|                  |                  |  |
|------------------|------------------|--|
| <b>Sunday</b>    | <b>Dinner</b>    | Walking Tacos: Tortilla Chips, Taco Meat, Shredded Cheddar, Diced Tomatoes, Shredded Lettuce, Diced Onions, Salsa, Guacamole, Sour Cream, Juice Boxes, Chocolate Chip Cookies                          |
| <b>Monday</b>    | <b>Breakfast</b> | Buttermilk Pancakes, 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>     | Grilled Hamburgers, Hamburger Buns, American Cheese, Lettuce/Tomatoes/ Onions/Pickles, Assorted Condiments, Potato Chips, Watermelon, Rice Krispie Bars, Assorted Fresh Fruit                          |
|                  | <b>Dinner</b>    | Chicken Drumsticks, Mashed Potatoes, Chicken Gravy, Sweet Corn, Dinner Rolls, Tossed Salad, Strawberry Sundae Cups, Assorted Fresh Fruit   |
| <b>Tuesday</b>   | <b>Breakfast</b> | Scrambled Eggs, Hash Brown Patties, Assorted Muffins, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Bananas, Milk/Juice  |
|                  | <b>Lunch</b>     | Corn Dogs, Baked Beans, Assorted Condiments, Brownies, Assorted Fresh Fruit  |
|                  | <b>Dinner</b>    | Baked Ham, Scalloped Potatoes, Green Beans, Cornbread, Orchard Salad, Lemon Bars, Assorted Fresh Fruit   |
| <b>Wednesday</b> | <b>Breakfast</b> | French Toast Sticks, Sausage Patties, Butter & Syrup, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Orange Wedges, Milk/Juice                            |
|                  | <b>Lunch</b>     | Chicken Wild Rice Soup, Ham / Turkey Subs, Lettuce/Tomatoes/Onions, Assorted Condiments, Potato Chips, Pasta Salad, Snickerdoodles, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Porcupine Meatballs, Beef Gravy, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Yellow Cake/ Chocolate Frosting/ Sprinkles, Assorted Fresh Fruit   |
| <b>Thursday</b>  | <b>Breakfast</b> | Waffles, Ham Patties, Butter & Syrup, Assorted Danish, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Sliced Strawberries, Milk/Juice   |
|                  | <b>Lunch</b>     | Sloppy Joes, Hamburger Buns, Macaroni & Cheese, Coleslaw, Jello Poke Cake, Assorted Fresh Fruit  |
|                  | <b>Dinner</b>    | Baked Potato Bar: Baked Potatoes, Butter/Sour Cream, Steamed Broccoli, Cheese Sauce, Ground Sausage, Diced Ham, Chili, Beef Gravy, Tossed Salad, Chocolate Eclairs, Assorted Fresh Fruit               |
| <b>Friday</b>    | <b>Breakfast</b> | Scrambled Eggs With Ham & Cheese, Hash Brown Patties, Assorted Donuts, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Red & Green Grapes, Milk/Juice                            |
|                  | <b>Lunch</b>     | Chicken Tenders, BBQ Sauce/Honey Mustard, Tater Tots, Assorted Fresh Vegetables, Ranch Dressing, Vanilla Pudding/ Whipped Topping/Maraschino Cherries, Assorted Fresh Fruit                            |
|                  | <b>Dinner</b>    | Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Pasta Salad, Italian Ice Pops, Assorted Fresh Fruit   |
| <b>Saturday</b>  | <b>Breakfast</b> | Continental Breakfast: Assorted Pastries, Hard Cooked Eggs, String Cheese, 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](mailto:rLockhart@TroutCamps.org).*