



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	Breakfast Burritos: Scrambled Eggs, Ground Sausage, Shredded Cheddar, Salsa, 6" Flour Tortillas, Caramel Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	Lunch	Tomato Soup, Grilled Cheese, BBQ Potato Chips, Fresh Veggies/Dip, Sugar Cookies, Assorted Fresh Fruit
	Dinner	Chicken Kabobs, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Orchard Salad, Fortune Cookies, Assorted Fresh Fruit
Tuesday	Breakfast	Scrambled Eggs, Ham Patties, Assorted Muffins, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Bananas, Milk/Juice
	Lunch	Pulled Pork BBQ, Hamburger Buns, Coleslaw, Dill Pickle Chips, Potato Salad, Brownies, Assorted Fresh Fruit
	Dinner	Spaghetti/Marinara, Meatballs, Garlic Breadsticks, Tossed Salad, Strawberry Sundae Cups, Assorted Fresh Fruit
Wednesday	Breakfast	Pancakes, Sausage Patties, Butter & Syrup, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	Lunch	Chicken Wild Rice Soup, Ham/Turkey Subs, Lettuce/Tomatoes/Onions, Assorted Condiments, Potato Chips, Pasta Salad, Snickerdoodles, Assorted Fresh Fruit
	Dinner	Chicken Drumsticks, Wild Rice Pilaf, Sweet Corn, Dinner Rolls, Tossed Salad, Jello Poke Cake, Assorted Fresh Fruit
Thursday	Breakfast	French Toast, Butter & Syrup, Sausage Links, Hard Cooked Eggs, Assorted Danish, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Assorted Fresh Fruit, Milk/Juice
	Lunch	Chicken Tenders, BBQ Sauce/Honey Mustard, French Fries, Assorted Fresh Vegetables, Ranch Dressing, Vanilla Pudding/Whipped Topping/Maraschino Cherries, Assorted Fresh Fruit
	Dinner	Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
Friday	Breakfast	Continental Breakfast: Assorted Pastries, Hard Cooked Eggs, String Cheese, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/Bagels, Assorted Fresh Fruit, 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.