



Sunday	Dinner	Walking Tacos: Beef Taco Meat, Walking Taco Chip Bags, Salsa, Guacamole, Sour Cream, Onions, Tomatoes, Shredded Cheese, Lettuce, Juice Boxes Chocolate Chip Cookies
Monday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Muffins, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	Lunch	Italian Sausage, Peppers & Onions, Sub Rolls, French Fries, Salad Bar, Spice Cookies
	Dinner	Sweet & Sour Pork, Korean Beef Bulgogi, Fried Rice, Egg Rolls, Steamed Broccoli, Salad Bar, Fortune Cookies, Assorted Fresh Fruit
Tuesday	Breakfast	Waffles, Ham Patties, Butter & Syrups, Hard Cooked Eggs, Cinnamon Sweet Rolls, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	Lunch	Sliced Buffet Ham, Smoked Turkey Breast, Sub Rolls/12" Wraps, American/Swiss Cheese, Lettuce/Tomatoes/Onions/Pickles, Assorted Chips, Brownies, Assorted Fresh Fruit
	Dinner	Grilled Hamburgers, Hamburger Buns, American Cheese, Lettuce/Tomatoes/Onions/Pickles, French Fries, Assorted Condiments, Italian Ice Pops, Assorted Fresh Fruit
Wednesday	Breakfast	Donuts On The Deck, Cake Donuts, Assorted Toppings, Cereal Bars, String Cheese, Assorted Cold Cereals, Fruit Yogurt Cups, Assorted Fresh Fruit, Milk/Juice
	Lunch	Pulled Pork BBQ, Hamburger Buns, Coleslaw, Dill Pickle Chips, Potato Salad, Salad Bar, Chilled Watermelon, Assorted Fresh Fruit
	Dinner	Sliced Buffet Ham, Scalloped Potatoes, Green Beans, Cornbread Tossed Salad, Apple Crisp, Assorted Fresh Fruit
Thursday	Breakfast	Breakfast Burritos, Scrambled Eggs, Ground Sausage, Shredded Cheddar Cheese, Shredded Hash Browns, Sour Cream, Salsa, Tortillas, Oatmeal, Cinnamon Sweet Rolls, Assorted Cold Cereals, Assorted Yogurts, Assorted Fresh & Frozen Fruits
	Lunch	Chicken Breasts, Fillet Of Fish Sandwiches, American Cheese, Lettuce/Tomatoes/Onions/Pickles, Salad Bar, Vanilla Pudding, Assorted Fresh Fruit
	Dinner	Baked Lasagna, Garlic Breadsticks, Italian Vegetables, Salad Bar, Ice Cream Cups, Assorted Fresh Fruit
Friday	Breakfast	Continental Breakfast: Apple & Cherry Turnovers, Assorted Pastries, Hard Cooked Eggs, String Cheese, Assorted Cold Cereals, Assorted Fruit Yogurts, Toast/English Muffins, Bagels & Cream Cheese, 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.