



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