



<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 With Ham & Cheese, Hash Brown Patties, Cinnamon Sweet Rolls, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	<b>Lunch</b>	Chicken Tenders, BBQ Sauce/Honey Mustard/Ranch Dressing, Tater Tots, Assorted Fresh Vegetables, Assorted Dips, Oatmeal-Raisin Cookies, Assorted Fresh Fruit
	<b>Dinner</b>	Pasta Bar: Penne With Meat Sauce, Farfalle Alfredo With Ham & Peas, Garlic Breadsticks, Salad Bar, Ice Cream Cups, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	Pancakes, Sausage Links, Butter & Syrups, Hard Cooked Eggs, Assorted Danish Pastries, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	<b>Lunch</b>	Meatball Subs, Sub Rolls, Shredded Mozzarella Cheese, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	<b>Dinner</b>	Chicken Legs, Rice Pilaf, Steamed Broccoli, Dinner Rolls, Salad Bar, Strawberry Shortcake/Whipped Topping, 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>	Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Pasta Salad, Salad Bar, Snickerdoodles, Assorted Fresh Fruit
	<b>Dinner</b>	Baked Ham, Mashed Potatoes, Ham Gravy, Green Beans, Fresh Bread, Salad Bar, Apple Crisp, Assorted Fresh Fruit, Assorted Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	French Toast, Sausage Patties, Butter & Syrups, Hard Cooked Eggs, Cinnamon Streusel Coffee Cake, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	<b>Lunch</b>	Hot Dogs/Brats, Hot Dog Buns, Assorted Condiments, Coney Sauce, Diced Onions/Shredded Cheese, Fritos Corn Chips, Macaroni Salad, Brownies, Assorted Fresh Fruit
	<b>Dinner</b>	Pizza Bar: Cheese Pizza, Pepperoni Pizza, Supreme Pizza, Veggie Pizza, Salad Bar, Italian Ice Pops, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Breakfast Casseroles, Blueberry Muffins, Assorted Cereals, Yogurt Bar/Toppings, Toast/English Muffins, Assorted Fresh Fruit, Milk/Juice
	<b>Lunch</b>	Sloppy Joes, Hamburger Buns, Macaroni & Cheese, Coleslaw, Salad Bar, Chocolate Mousse, Assorted Fresh Fruit
	<b>Dinner</b>	Baked Potato Bar: Baked Potatoes, Butter/Sour Cream, Shredded Cheddar, Broccoli, Ground Sausage, Beef Gravy, Dinner Rolls, Salad Bar, Yellow Cake/White Icing/Sprinkles, Assorted Fresh Fruit
<b>Saturday</b>	<b>Breakfast</b>	Continental Breakfast: Assorted Pastries, Assorted Danish, 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).