



Sunday	Dinner	Picnic Dinner: Cheese Pizza, Pepperoni Pizza, Italian Salad, Juice Boxes, Snack Pack Pudding
Monday	Breakfast	Cheese Omelets, Smoked Sausage Links, Home Fries, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	Pulled Pork or Chicken BBQ, Cole Slaw, Chips, Salad Bar, Pudding, Fresh Fruit
	Dinner	Turkey ala King, Buttermilk Biscuits, Salad Bar, Fruit Pies, Fresh Fruit
Tuesday	Breakfast	French Toast, Sausage Links, Hard Boiled Eggs, Danish Pastries, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	Tomato Soup, Grilled Cheese, Goldfish Crackers, Pasta Salad, Salad Bar, Snickerdoodles, Fresh Fruit
	Dinner	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake, Fresh Fruit
Wednesday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	Chicken Tenders, Meatball Subs, Chips, Salad Bar, Rice Krispie Treats, Fresh Fruit
	Dinner	Baked Ham, Mashed Potatoes, Ham Gravy, Green Beans, Dinner Rolls, Salad Bar, Chocolate Cake, Fresh Fruit
Thursday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	Hamburgers, French Fries, Salad Bar, Brownies, Fresh Fruit
	Dinner	Baked Potato Bar: Baked Potatoes, Sweet Potatoes, Steamed Broccoli, Chili/Beef Gravy, Salad Bar, Chocolate Eclairs, Fresh Fruit
Friday	Breakfast	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	Lunch	MYO Subs: Ham or Turkey, Chips, Salad Bar, Sugar Cookie, Fresh Fruit
	Dinner	Penne with Meat Sauce, Farfalle Alfredo with Ham & Peas, Italian Vegetables, Breadsticks, Salad Bar, Italian Ice Cups, Fresh Fruit
Saturday	Breakfast	Pasties & Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit

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.