



<b>Sunday</b>	<b>Dinner</b>	Cheese or Pepperoni Pizza, Italian Salad, Yogurt Smoothies, Apple Slices with Carmel Sauce
<b>Monday</b>	<b>Breakfast</b>	French Toast, Sausage Links, Hard Boiled Eggs, Blueberry Muffins, Assorted Fruit Yogurts and toppings, Toast / English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	MYO Sub sandwiches, Salad Bar, Sugar Cookies, Assorted Fruit
	<b>Dinner</b>	Marinated/Boneless Chicken Thighs, Scalloped Potatoes, Glazed Carrots, Dinner Rolls, Salad Bar, Cake, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	MYO Breakfast Burritos, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Pulled Pork or Chicken BBQ sandwiches, Cole Slaw, Dill Pickles, Tater Tots, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	<b>Dinner</b>	Sweet and Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Vegetable Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Assorted Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	Waffles, Ham Patties, Hard Boiled Eggs, Cinnamon Streusel, Coffee Cake, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Chicken Patties or Fillet Of Fish sandwiches, French Fries, Salad Bar, Vanilla Pudding/Whipped Topping, Assorted Fresh Fruit
	<b>Dinner</b>	Baked Lasagna, Chicken Florentine, Carbonara Lasagna, Italian Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Blueberry Muffins, Assorted Hot & Cold Cereal, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Italian Beef / French Dip Sandwiches, Spiral Fries, Salad Bar, Brownies, Assorted Fresh Fruit
	<b>Dinner</b>	Taco Buffet, Churro Donuts, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Sausage or Ham Breakfast Casserole, Cinnamon Sweet Rolles, Assorted Hot & Cold Cereal, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Hot Dogs / Bratwurst, Baked Beans, Macaroni Salad, Salad Bar, Chocolate Chip Cookies, Assorted Fresh Fruit
	<b>Dinner</b>	Baked Potato Buffet, Salad Bar, Chocolate Cake, Assorted Fresh Fruit
<b>Saturday</b>	<b>Breakfast</b>	Assorted Pastries, Assorted Doughnuts, Hard Cooked Eggs, String Cheese, Nutrigrain Bars, Assorted Fruit Yogurts and Toppings, Toast / English Muffins, Bagels and Cream Cheese, Assorted 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](mailto:rLockhart@TroutCamps.org).