



Sunday	Dinner	Cheese Pizza, Pepperoni Pizza, Capri Sun, Apple Slices with Carmel Sauce
Monday	Breakfast	Cheese Omelets, Smoked Sausage, Home Fries, Blueberry Muffins, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Pulled Pork BBQ, Chicken BBQ, Hamburger Buns, Dill Pickles, Cole Slaw, Assorted Chips, Salad Bar, Vanilla/Chocolate Pudding/Whipped Topping, Assorted Fresh Fruit
	Dinner	Boneless Chicken Wings, Assorted Sauces, Tater Tots, Salad Bar, Brownies, Red & Green Grapes, Assorted Fresh Fruit
Tuesday	Breakfast	French Toast, Butter & 2 Syrups, Sausage Links, Hard Cooked Eggs, Assorted Danish Pastries, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Flour Tortillas/Taco Shells, Beef Fajita Meat, Chicken Fajita Meat, Sautéed Peppers & Onions, Pico De Gallo/Salsa, Guacamole & Sour Cream, Salad Bar, Churro Fries, Red & Green Grapes, Assorted Fresh Fruit
	Dinner	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, California Blend Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
Wednesday	Breakfast	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Cinnamon Sweet Rolls, assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Sliced Ham/Turkey/Salami, Egg & Tuna Salads, Assorted Cheeses, Lettuce/Tomatoes/Onions/Pickles, Sub Rolls, Assorted Chips, Salad Bar, Sugar Cookies, Assorted Fresh Fruit
	Dinner	Grilled Hamburgers, Hamburger Buns, American Cheese, Lettuce/Tomatoes/Onions/Pickles, French Fries, Assorted Condiments, Salad Bar, Chocolate Cake/White Icing, Sprinkles, Assorted Fresh Fruit
Thursday	Breakfast	Pancakes, Butter & Syrups, Sausage Patties, Hard Cooked Eggs, Cinnamon Streusel, Coffee Cake, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Milk/Juice
	Lunch	Chicken Tenders, Assorted Condiments Honey Mustard, Waffle Fries, Dinner Rolls, Salad Bar, Yellow Cake/Chocolate Icing/Sprinkles, Assorted Fresh Fruit
	Dinner	Beef Fajita Meat, Chicken Fajita Meat, Flour Tortillas Sautéed Peppers & Onions, Pico De Gallo - Salsa, Guacamole/Sour Cream, Salad Bar, Churro Donuts
Friday	Breakfast	Assorted Pastries, Assorted Doughnuts, Hard Cooked Eggs, String Cheese, Assorted Hot & Cold Cereals, Vanilla Yogurt/Toppings, 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.