



Sunday	Dinner	Walking Tacos, Juice Boxes, Water
	Snack	Trout Scout Cookies
Monday	Breakfast	French Toast, Sausage Links, Apple Topping, Maple Syrup Fresh Fruit, Yogurt, Cereal & Milk
	Lunch	Chicken Phillies, Hoagie Buns, Grilled Peppers & Onions, Cheese, Potato Salad, Sherbet Cups
	Dinner	Pasta Bar, Marinara & Alfredo, California Vegetables, French Bread, Salad Bar, Brownies
Tuesday	Breakfast	Ham & Cheese Scrambled Eggs , Hashbrowns, Mini Bagels with Cream Cheese, fruit, Yogurt, Cereal & Milk
	Lunch	Hot Dogs & Brats on the Grill, Calico Beans, Kettle Chips, Pickles, Creamy Coleslaw, Snickerdoodles
	Dinner	Honey Glazed Ham, Au Gratin Potatoes, Rolls, Baby Carrots, Salad Bar, Applesauce
Wednesday	Breakfast	Donuts on the Deck, Bananas, Yogurt Cups, Cereal & Milk
	Lunch	Build-Your-Own Deli Sandwich: Deli Meat & Cheese, Hummus & Veggies, Pita Chips, Chocolate Chip Bars
	Dinner	Campfire Hobo Dinner, Corn Meal Muffins with Honey, Watermelon, Trail Mix
Thursday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt, Cereal & Milk
	Lunch	Chicken Nuggets, Mini Corn Dogs, French Fries, Dipping Sauces, Veggies & Ranch, Fruit Snacks
	Dinner	Pizza, Salad Bar, Ice Cream Cups
Friday	Breakfast	Breakfast Burritos, Tortillas, Scrambled Eggs, Sausage Crumbles, Crispy Potatoes, Homemade Salsa, Fruit, Cereal & Milk
	Lunch	Burgers, Buns, Cheese, Pasta Salad, Pickles & Veggies, Cookies
	Dinner	Turkey, Mashed Potatoes, Corn, Rolls, Salad Bar, Cake
Saturday	Breakfast	Cinnamon Rolls, Oatmeal with toppings, Bananas, Yogurt, Cereal & Milk

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.