



Sunday	Dinner	Burgers on the Ball Field, Chips, Watermelon, Juice boxes, Water
	Snack	Ice Cream Novelty
Monday	Breakfast	Cheesy Bacon Scrambled Eggs, Crispy Potatoes, Blueberry Coffeecake, Fruit, Cereal, Yogurt Cups
	Lunch	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Lettuce, Olive, Jalapeño, Homemade Salsa, Snickerdoodles
	Dinner	Lasagna Roll-Ups, Homemade French Bread, California Veggies, Caesar Salad Bar, Fruit Pizza
Tuesday	Breakfast	Pancakes, Sausage Patties, Hard Boiled Eggs, Syrup, Butter, Fresh Fruit, Cereal, Yogurt Cups
	Lunch	Homemade Soup, Grilled Cheese, Saltine Crackers, Fresh Veggies, Ranch, Rice Krispie Bars
	Dinner	Country Style Ribs, Baked Potatoes, Fresh Green Beans, Cheddar Biscuits, Salad Bar, Pudding
Wednesday	Breakfast	Donuts on the Deck! String Cheese, Bananas, Oranges, Milk Cartons
	Lunch	Pizza, Salad Bar, Apple Sundaes
	Dinner	Roast Turkey, Homemade Stuffing, Sweet Potatoes, Corn, Dinner Rolls, Gravy, Salad Bar, Banana Cake
Thursday	Breakfast	Biscuits, Gravy, Scrambled Eggs, Breakfast Tater Tots, Fresh Fruit, Cereal, Yogurt Cups
	Lunch	Hot Dogs, Brats, Calico Beans, Chips, Fresh Veggies, Ranch, Carnival Cookies
	Dinner	Asian Noodle Rice Bowls, Beef, Chicken, Steamed Veggies, Asian Slaw, Salad Bar, Fortune Cookies, Mandarin Oranges
Friday	Breakfast	Cinnamon Rolls, Oatmeal w/toppings, Fruit, Yogurt Cups, Cereal

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