



Sunday	Dinner	Burgers on the Grill! Lettuce, Cheese, Tomato, Chips, Pickles, Onions, Watermelon, Milk or Water
	Snack	Goldfish, Juice
Monday	Breakfast	Breakfast Burritos, Eggs, Sausage, Peppers, Potato Oles, Fruit, Yogurt, Cereal
	Lunch	Italian Meatballs, 3 Cheese Ziti, Breadsticks, Green Beans, Salad Bar, Sherbet Cups
	Dinner	Chicken Strips, Mashed Potatoes, Country Gravy, Biscuits, Corn, Coleslaw, Fresh Veggies, Ranch, Cupcakes
Tuesday	Breakfast	Waffles, Sausage, Fruit Topping, Syrup, Fruit, Yogurt, Cereal
	Lunch	Homemade Soup, Saltine Crackers, Deli Sandwiches, Turkey Ham, Salami, Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo, Chocolate Chip Bars
	Dinner	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Chips, Beans, Rice, Lettuce, Tomato, Onion, Homemade Salsa, Sour Cream, Snickerdoodles
Wednesday	Breakfast	Bagel Bar, Yogurt Parfaits, Bananas, Cereal
	Lunch	BBQ Grilled Chicken Breasts, Calico Beans, Potato Salad, Fresh Veggies, Ranch, Carnival Cookies
	Dinner	Yankee Pot Roast, Roasted Red Potatoes, Steamed Carrots, Homemade Bread, Salad Bar, Ice Cream
Thursday	Breakfast	Upside Down Day! Pizza, Salad Bar, Apple Sundaes
	Lunch	Mini Hotdogs, Mini Corn Dogs, Potato Wedges, Fresh Veggies, Ranch, Fruit Snacks
	Dinner	Upside Down Day! Pancakes, Sausage, Hard Boiled Eggs, Fruit, Yogurt, Cereal
Friday	Breakfast	Cinnamon Rolls, Oatmeal w/toppings, Hard Boiled Eggs, Bananas, Yogurt, 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.