



Sunday	Dinner	Burgers on the Grill! Lettuce, Cheese, Tomato, Chips, Pickles, Onions, Watermelon, Milk or Water
	Snack	Goldfish, Juice
Monday	Breakfast	Breakfast Totdish, Fruit Turnovers, Fresh Fruit, Yogurt, Cereal
	Lunch	Italian Beef Hoagies, Grilled Onions & Peppers, Kettle Chips, Pickle Spears, Fresh Veggies, Ranch, Sherbet Cups
	Dinner	Oven Roasted Chicken, Macaroni & Cheese, Fresh Green Beans, Dinner Rolls, Creamy Coleslaw, Cupcakes
Tuesday	Breakfast	French Toast Sticks, Sausage, Syrup Cups, Hard Boiled Eggs, Fruit, Yogurt, Cereal
	Lunch	Homemade Soup, Saltine Crackers, Deli Sandwiches, Turkey, Ham, Salami, Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo, Chocolate Chip Bars
	Dinner	Taco or Nacho Bar, Tortillas, Chips, Beef, Beans, Rice, Lettuce, Cheese, Tomato, Homemade Salsa, Sour Cream, Snickerdoodles
Wednesday	Breakfast	Bagel Bar, Yogurt Parfaits, Bananas, Cereal
	Lunch	Grilled Hot Dogs & Brats, Calico Beans, Potato Salad, Fresh Veggies, Ranch, Carnival Cookies
	Dinner	Bowtie Pasta, Meat Sauce, Alfredo, Marinara, Homemade French Bread, Salad Bar, Italian Sodas
Thursday	Breakfast	Upside Down Day! Pizza, Salad Bar, Apple Sundaes
	Lunch	Chicken Nuggets, French Fries, Dipping Sauces, Fresh Veggies, Ranch, Fruit Snacks
	Dinner	Upside Down Day! Pancakes (2kinds), Sausage, Hard Boiled Eggs, Fruit, Yogurt, Cereal
Friday	Breakfast	Cinnamon Rolls, Oatmeal w/toppings, 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.