



Sunday	Dinner	Burgers on the Ball Field! Chips, Watermelon, Juice Boxes, Water
	Snack	Ice Cream Novelty
Monday	Breakfast	Scrambled Eggs, Ham Slices, Bagels, Cream Cheese, Fresh Fruit, Cereal, Yogurt Cups
	Lunch	Tacos or Nachos, Tortillas, Chips, Beef, Cheese, Lettuce, Olives, Jalapeños, Homemade Salsa, Snickerdoodles
	Dinner	Pasta Bar, Marinara, Alfredo, Homemade French Bread, California Veggies, Caesar Salad Bar, Fruit Pizza
Tuesday	Breakfast	Pancakes, Sausage, Hard Boiled Eggs, Syrup, Fresh Fruit, Cereal, Yogurt cups
	Lunch	Homemade Soup, Deli Sandwiches, Saltine Crackers, Fresh Veggies, Homemade Ranch, Rice Krispie Bars
	Dinner	Oven Roasted Chicken, Red Potatoes, Baby Carrots, Cornbread w/Honey Butter, Salad Bar, Sherbet Cups
Wednesday	Breakfast	Donuts on the Deck! String Cheese, Bananas, Oranges, Milk Cartons
	Lunch	Pizza, Salad Bar, Apple Sundaes
	Dinner	Homestyle Mac & Cheese, Honey Garlic Ham, Fresh Green Beans, Dinner Rolls, Salad Bar, Banana Cake
Thursday	Breakfast	Breakfast Totdish, Fruit Turnovers, Fresh Fruit, Cereal, Yogurt Cups
	Lunch	Chicken Strips, Fries, Dipping Sauces, Salad Bar, Carnival Cookies
	Dinner	Build your own Burrito Bowl, Carnita Pork, Beef, Homemade Chips & Salsa, Lettuce, Cheese, Beans, Tomato, Onion, Olives, Ice Cream
Friday	Breakfast	Cinnamon Rolls w/Cream Cheese Icing, 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.