



Sunday	Dinner	Hot Dogs & Brats, Buns, Ketchup, Mustard, Calico Beans, Kettle Chips, Watermelon, Lemonade
	Snack	Trail Mix
Monday	Breakfast	Scrambled Eggs, Country Fried Steak, Biscuits & Gravy, Butter, Honey, Fresh Fruit, Yogurt Cups, Cereal
	Lunch	Bacon Cheeseburger Macaroni, Green Beans, Breadsticks, Salad Bar, Ice Cream Cups
	Dinner	Boneless Country Style Ribs, Scalloped Potatoes, Corn, Dinner Rolls, Salad Bar, Cupcakes
Tuesday	Breakfast	Waffles, Sliced Ham, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt Cups, Cereal
	Lunch	French Bread, Pizza, Salad Bar, Carnival Cookies
	Dinner	Tacos - Tortillas, Chips, Beef, Beans, Rice, Tomato, Onion, Olives, Cheese, Lettuce, Homemade Salsa, Sour Cream, Churros
Wednesday	Breakfast	Bagel Bar, Sausage Egg Patties, Oatmeal w/Toppings, Yogurt Parfaits, Berries, Cereal
	Lunch	Hot Ham & Cheese on a Bun, Pita Chips, Veggies, Hummus, Ranch, Pickles, Mayo, Mustard, Apple Sundaes
	Dinner	Pot Roast w/Gravy, Roasted Potatoes, Steamed Carrots, Dinner Rolls, Salad Bar, Chocolate Cake
Thursday	Breakfast	Baked French Toast, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit Topping, Oranges, Yogurt Cups, Cereal
	Lunch	Chicken Strips w/Dipping Sauces, Fries, Salad Bar, Ketchup, Mustard, Blondies
	Dinner	Pasta Bar Meat Sauce, Alfredo, Marinara, California Veggies, Focaccia Bread, Salad Bar, Italian Ice
Friday	Breakfast	Breakfast Burrito, Tortillas, Eggs, Peppers, Onions, Crispy Potatoes, Salsa, Sour Cream, Sausage, Cheese, Fruit, Cereal
	Lunch	Burgers, Buns, Chips, Potato Salad, Pickles, Cheese, Fresh Veggies, Homemade Ranch, Sugar Cookies
	Dinner	Rice/Ramen Bowls, Stir Fry Veggies, Chicken, Pork, Sweet & Sour, Sauces, Salad Bar, Mandarin Oranges
Saturday	Breakfast	Breakfast on the Deck! Cinnamon Rolls, Donuts, Hard Boiled Eggs, Bananas, String Cheese, Milk Cartons

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.