



<b>Sunday</b>	<b>Dinner</b>	Chicken Parmesan, Spaghetti with Meatsauce, Zucchini & Summer Squash, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit
<b>Monday</b>	<b>Breakfast</b>	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Danishes, Assorted Cereals, Yogurt & Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Italian Beef/French Dip Sandwiches, Waffle Fries, Salad Bar, Rice Krispie Treats, Assorted Fresh Fruit
	<b>Dinner</b>	Sliced Roast Turkey, Mashed Potatoes, Stuffing, Turkey Gravy, Sweet Peas, Dinner Rolls, Salad Bar, Assorted Fruit Pies, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	French Toast, Sausage Links, Hard Cooked Eggs, Cinnamon Sweet Rolls, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	BBQ Pulled Pork, BBQ Chicken, Baked Macaroni & Cheese, Dill Pickle Chips, Potato Salad, Salad Bar, Watermelon, Assorted Fresh Fruit
	<b>Dinner</b>	Sliced Pot Roast, Oven Roasted Potatoes, Whole Kernel Corn, Dinner Rolls, Salad Bar, Strawberry Shortcake, Assorted Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Blueberry Muffins, Assorted Cereal, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Taco Buffet, Churro Donuts, Assorted Fresh Fruit
	<b>Dinner</b>	Sweet & Sour Chicken, Korean Beef Bulgogi, Fried Rice, Egg Rolls, Steamed Broccoli, Salad Bar, Fortune Cookies, Watermelon, Assorted Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Buttermilk Pancakes, Sausage Patties, Hard Cooked Eggs, Carmel Rolls, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit
	<b>Lunch</b>	Make Your Own Croissant Sandwiches, Assorted Chips, Assorted Cold Salads, Brownies, Assorted Fresh Fruit
	<b>Dinner</b>	Marinated Chicken Thighs, Wild Rice, Pilaf, Glazed Whole Baby Carrots, Dinner Rolls, Salad Bar, Cake, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Baked Casseroles, Assorted Pastries, String Cheese, Assorted Cereals, Yogurt/Toppings, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit

*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](mailto:rLockhart@TroutCamps.org).*