



<b>Sunday</b>	<b>Dinner</b>	Cheese Pizzas, Pepperoni Pizzas, Italian Salad, 12 Ounce Capri Sun, Sliced Apples With Caramel Sauce
<b>Monday</b>	<b>Breakfast</b>	French Toast, Butter & 2 Syrups, Sausage Links, Hard Cooked Eggs, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	<b>Lunch</b>	Beef Hot Dogs, Hot Dog Chili, Diced Onions/Cheddar Cheese, Baked Macaroni & Cheese, Salad Bar - Assorted Dressings, Assorted Jello, Pineapple Slices, Assorted Fresh Fruit
	<b>Dinner</b>	Chicken Tenders, Assorted Condiments, Honey Mustard P/C's, Waffle Fries, Dinner Rolls, Salad Bar - Assorted Dressings, Yellow Cake/Chocolate Icing/Sprinkles, Assorted Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	MYO Breakfast Burritos, Scrambled Eggs, Ground Sausage, Cheddar Cheese, Shredded Hash Browns, Salsa/Sour Cream, Flour Tortillas, Assorted Donuts, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fres
	<b>Lunch</b>	Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Salad Bar - Assorted Dressings, Snickerdoodles, Watermelon Slices, Assorted Fresh Fruit
	<b>Dinner</b>	Boneless Chicken Wings, Assorted Sauces, Tater Tots, Salad Bar - Assorted Dressings, Brownies, Red & Green Grapes, Assorted Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	Waffles, Butter & 2 Syrups, Bacon Strips, Hard Cooked Eggs, Apple Turnovers, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	<b>Lunch</b>	Taco Buffet, Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives/Onions/Tomatoes/Jalapeños/Shredded Cheese/Lettuce, Refried Beans, Churro Fries, Assorted Fresh Fruit
	<b>Dinner</b>	Sweet & Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Chicken & Vegetable Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar - Assorted Dressings, Watermelon Cubes, Fortune Cookies, Assorted Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Danish, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, Assorted Fresh Fruit, Assorted Beverages
	<b>Lunch</b>	Grilled Hamburgers, Hamburger Buns, Sliced American Cheese/Lettuce/Tomatoes/Onions/Pickles, French Fries, Salad Bar - Assorted Dressings, Rice Crispy Treats, Peaches & Plums, Assorted Fresh Fruit
	<b>Dinner</b>	Cavatappi, Meatsauce/Marinara/Alfredo Sauce, Parmesan Cheese P/C's, California Blend Vegetables, Garlic Breadsticks, Salad Bar - Assorted Dressings, Jonny Pops, Assorted Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Sausage & Cheese Waffles, Bacon, Egg Cheese, Pepper, Egg Bites, Assorted Pastries, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages

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).