



| | | |
|------------------|------------------|--|
| Sunday | Dinner | Cheese Pizzas, Pepperoni Pizzas, Italian Salads, Capri Sun, Sliced Apples with Caramel Sauce |
| Monday | Breakfast | French Toast, Butter & Syrups, Sausage Links, Hard Cooked Eggs, Chocolate Croissants, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit |
| | Lunch | Chicken Noodle Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Dished Salads/Dressings, Fruity Pebbles Marshmallow Treats, Cantaloupe/Honeydew Melon Cubes, Assorted Fresh Fruit |
| | Dinner | Sloppy Joes, Hamburger Buns, French Fries, Dished Salads, Chocolate Cake/White Frosting/Rainbow Sprinkles, Assorted Fresh Fruit |
| Tuesday | Breakfast | Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Assorted Muffins, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit |
| | Lunch | Chicken Nuggets, Potato Smiles, Sweet Corn, Dinner Rolls, Snickerdoodles, Peaches & Plums, Assorted Fresh Fruit |
| | Dinner | Tacos, "Spanish" Rice, Guacamole & Sour Cream, Churro Donuts, Assorted Fresh Fruit |
| Wednesday | Breakfast | Waffles, Butter & Syrups, Sausage Patties, Hard Cooked Eggs, Caramel Rolls, Assorted Hot & Cold Fruits |
| | Lunch | Hot Dogs, Hot Dog Buns, Baked Macaroni & Cheese, Fritos Corn Chips, Dished Salads, Brownies, Pineapple Slices, Assorted Fresh Fruit |
| | Dinner | Spaghetti, Meatsauce/Alfredo Sauce, Italian vegetables, Garlic Breadsticks, Dished Salads, Ice Cream Novelties, Assorted Fresh Fruit |
| Thursday | Breakfast | Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Assorted Danish Pastries, Assorted Hot & Cold Cereals, Assorted Yogurt Cups, Assorted Fresh Fruit |
| | Lunch | 20 Ounce Hamburger Sliders, Slider Buns, Sliced American Cheese, Pickles/Onions/Tomatoes/Lettuce, Potato Chips, Dished Salads, Chocolate Chip Cookies, Red & Green Grapes, Assorted Fresh Fruit |
| | Dinner | Cheese Pizza, Pepperoni Pizzas, Veggie Pizzas, Pasta Salad, Dished Salads, Jonny Pops, Assorted Fresh Fruit |
| Friday | Breakfast | Sausage & Cheese Waffles, Bacon/Egg/Cheese/Pepper Egg Bites, Larger Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheeses, 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.