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| <b>Sunday</b>    | <b>Dinner</b>    | Picnic Lunch: Cheese Pizza, Pepperoni Pizza, Italian Salad, Juice Box, Apple Slices with Caramel.                                                                           |
| <b>Monday</b>    | <b>Breakfast</b> | Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Hot & Cold Cereal, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit |
|                  | <b>Lunch</b>     | Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Salad Bar, Snickerdoodles, Fresh Fruit                                                      |
|                  | <b>Dinner</b>    | Marinated Boneless Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake, Fresh Fruit                                                  |
| <b>Tuesday</b>   | <b>Breakfast</b> | Pancakes, Sausage Links, Hard Boiled Eggs, Banana-Chocolate Chip Muffins, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit                            |
|                  | <b>Lunch</b>     | Hamburgers, Toppings, Chips, Salad Bar, Brownies, Fresh Fruit                                                                                                               |
|                  | <b>Dinner</b>    | Penne w/ Meat Sauce, Farfalle Alfredo with Ham & Peas, Italian Vegetables, Breadsticks, Salad Bar, Italian Ice Cups, Fresh Fruit                                            |
| <b>Wednesday</b> | <b>Breakfast</b> | Waffles, Ham Patties, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit                               |
|                  | <b>Lunch</b>     | Chicken Tenders, Tater Tots, Salad Bar, Rice Krispie, Fresh Fruit                                                                                                           |
|                  | <b>Dinner</b>    | Baked Ham, Mashed Potatoes, Ham Gravy, Green Beans, Corn Muffins, Salad Bar, Apple Crisp, Fresh Fruit                                                                       |
| <b>Thursday</b>  | <b>Breakfast</b> | MYO Breakfast Sandwich, Assorted Danish, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit                                                             |
|                  | <b>Lunch</b>     | Sloppy Joes, Baked Macaroni & Cheese, Cole Slaw, Salad Bar, Chocolate Mousse, Fresh Fruit                                                                                   |
|                  | <b>Dinner</b>    | Korean Pork, Chicken Skewers, Fried Rice, Vegetable Egg Roll, Broccoli, Salad Bar, Watermelon, Fortune Cookies, Fresh Fruit                                                 |
| <b>Friday</b>    | <b>Breakfast</b> | Sausage or Ham Breakfast Casserole, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit               |
|                  | <b>Lunch</b>     | Hot Dogs & Brats, Hot Dog Chili, Sauerkraut, Baked Beans, Macaroni Salad, Salad Bar, Chocolate Chip Cookies, Fresh Fruit                                                    |
|                  | <b>Dinner</b>    | MYO Fajitas, Salad Bar, Sopapillas, Fresh Fruit                                                                                                                             |
| <b>Saturday</b>  | <b>Breakfast</b> | Pastries, Donuts, Hard Boiled Eggs, String Cheese, Nutrigrain Bar, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, 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).