



<b>Sunday</b>	<b>Dinner</b>	Picnic Dinner: Cheese Pizza, Pepperoni Pizza, Italian Salad, Juice Boxes, Snack Pack Pudding
<b>Monday</b>	<b>Breakfast</b>	Cheese Omelets, Smoked Sausage Links, Home Fries, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	<b>Lunch</b>	Pulled Pork or Chicken BBQ, Cole Slaw, Chips, Salad Bar, Pudding, Fresh Fruit
	<b>Dinner</b>	Turkey ala King, Buttermilk Biscuits, Salad Bar, Fruit Pies, Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	French Toast, Sausage Links, Hard Boiled Eggs, Danish Pastries, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	<b>Lunch</b>	Tomato Soup, Grilled Cheese, Goldfish Crackers, Pasta Salad, Salad Bar, Snickerdoodles, Fresh Fruit
	<b>Dinner</b>	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Strawberry Shortcake, Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	<b>Lunch</b>	Chicken Tenders, Meatball Subs, Chips, Salad Bar, Rice Krispie Treats, Fresh Fruit
	<b>Dinner</b>	Baked Ham, Mashed Potatoes, Ham Gravy, Green Beans, Dinner Rolls, Salad Bar, Chocolate Cake, Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Pancakes, Sausage Links, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	<b>Lunch</b>	Hamburgers, French Fries, Salad Bar, Brownies, Fresh Fruit
	<b>Dinner</b>	Baked Potato Bar: Baked Potatoes, Sweet Potatoes, Steamed Broccoli, Chili/Beef Gravy, Salad Bar, Chocolate Eclairs, Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Fresh Fruit
	<b>Lunch</b>	MYO Subs: Ham or Turkey, Chips, Salad Bar, Sugar Cookie, Fresh Fruit
	<b>Dinner</b>	Penne with Meat Sauce, Farfalle Alfredo with Ham & Peas, Italian Vegetables, Breadsticks, Salad Bar, Italian Ice Cups, Fresh Fruit
<b>Saturday</b>	<b>Breakfast</b>	Pasties & Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, 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).