



| | | |
|------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday | Dinner | Picnic Lunch: Pizzas, Italian Salad, Juice Boxes, Apple Slices with Caramel |
| Monday | Breakfast | French Toast, Sausage Links, Hard Boiled Eggs, Banana-Chocolate Chip Muffins, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit |
| | Lunch | MYO Subs, Ham or Turkey, Chips, Salad Bar, Sugar Cookies, Fresh Fruit |
| | Dinner | Marinated Chicken Breasts, Scalloped Potatoes, Glazed Carrots, Dinner Rolls, Salad Bar, Cake, Fresh Fruits |
| Tuesday | Breakfast | MYO Breakfast Burrito, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereal, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit |
| | Lunch | Pulled Pork or Chicken BBQ, Cole Slaw, Dill Pickles, Tater Tots, Salad Bar, Rice Krispie Treats, Fresh Fruit |
| | Dinner | Sweet & Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Vegetable Egg Rolls, Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Fresh Fruit |
| Wednesday | Breakfast | Waffles, Ham Patties, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit |
| | Lunch | Breaded Chicken Patties, Fillet Of Fish, French Fries, Salad Bar, Vanilla Pudding, Fresh Fruit |
| | Dinner | Baked Lasagna, Chicken Florentine, Carbonara Lasagna, Italian Vegetables, Breadsticks, Salad Bar, Italian Ice Cups, Fresh Fruit |
| Thursday | Breakfast | Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Blueberry Muffins, Assorted Hot & Cold Cereal, Assorted Yogurts and Toppings, Toast/English Muffin/Bagel, Fresh Fruit |
| | Lunch | Corn Dogs, Baked Macaroni & Cheese, Salad Bar, Chocolate Mousse, Fresh Fruit |
| | Dinner | Taco Buffet: Beef or Turkey, Refried Beans, Sopapillas, Fresh Fruit |
| Friday | Breakfast | Baked Oatmeal, Pastries & Donuts, Hard Boiled Eggs, String Cheese, Nutrigrain Bars, 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.