



<b>Sunday</b>	<b>Dinner</b>	Picnic Dinner: Walking Tacos, Juice Boxes, Chocolate Chips
<b>Monday</b>	<b>Breakfast</b>	Waffles, Ham Patties, Hard Boiled Eggs, Peach Coffee Cake, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	<b>Lunch</b>	Philly or Chicken Cheesesteaks, Salad Bar, Cole Slaw, Rice Krispie Treats, Fresh Fruit
	<b>Dinner</b>	Chicken Parmesan, Spaghetti, Italian Vegetables, Breadsticks, Salad Bar, Chocolate Sundae Cups, Fresh Fruit
<b>Tuesday</b>	<b>Breakfast</b>	MYO Breakfast Burritos, Cinnamon Sweet Rolls, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	<b>Lunch</b>	Sloppy Joes, Macaroni & Cheese, Chips, Salad Bar, Snickerdoodles, Fresh Fruit
	<b>Dinner</b>	Sweet & Sour, Orange, or Teriyaki Chicken, Vegetable Fried Rice, Vegetable Spring Rolls, Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Fresh Fruit
<b>Wednesday</b>	<b>Breakfast</b>	Pancakes, Sausage Links, Hard Boiled Eggs, Blueberry Muffins, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	<b>Lunch</b>	Homemade Soup, Ham & Cheese Croissants, Potato Chips, Salad Bar, Brownies, Fresh Fruit
	<b>Dinner</b>	Pot Roast, Red Skinned Potatoes, Sweet Corn, Dinner Rolls, Salad Bar, Boston Crème Pie, Fresh Fruit
<b>Thursday</b>	<b>Breakfast</b>	Scrambled Eggs, Sausage Links, Hash Brown Patties, Danishes, Assorted Hot & Cold Cereal, Yogurt Bar, Toast/English Muffin/Bagel, Fresh Fruit
	<b>Lunch</b>	Taco Buffet: Beef or Chicken, Refried Beans, Sopapillas, Fresh Fruit
	<b>Dinner</b>	Marinated Chicken Thighs, Wild Rice Pilaf, Sweet Peas, Dinner Rolls, Salad Bar, Chocolate Cake, Fresh Fruit
<b>Friday</b>	<b>Breakfast</b>	Pastries & Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereal, Yogurt Bar, 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).*