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| <b>Sunday</b>    | <b>Dinner</b>    | Cheese Pizzas, Pepperoni Pizzas, Italian Salad, 12 Ounce Capri Sun, Sliced Apples with Caramel Sauce                                                                                                                                                        |
| <b>Monday</b>    | <b>Breakfast</b> | French Toast, Butter & 2 Syrups, Sausage Patties, Hard Cooked Eggs, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit                                                                                                        |
|                  | <b>Lunch</b>     | Taco Buffet, Flour Tortillas/Taco Shells, Beef Fajita Meat, Chicken Fajita Meat, Sautéed Peppers & Onions, Pico De Gallo/Salsa, Guacamole & Sour Cream, Salad Bar - assorted Dressings, Churro Fries, Red & Green Grapes, Assorted Fresh Fru                |
|                  | <b>Dinner</b>    | Asian Buffet, Tempora Chicken Nuggets, 3 Assorted Dipping Sauces, Korean Beef Bulgogi, Chicken Egg Rolls, Vegetable Fried Rice, Salad Bar - Assorted Dressings, Watermelon Slices, Fortune Cookies, Assorted Fresh Fruit                                    |
| <b>Tuesday</b>   | <b>Breakfast</b> | Scrambled Eggs, Smoked Sausage, Hash Brown Circles, Shredded Cheddar Cheese, Chocolate Croissants, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit                                                                                            |
|                  | <b>Lunch</b>     | Hot Dogs/Cheeddarwurst/Philly Cheesesteak Brats, Brat Buns, Chili/Sauerkraut, Baked Macaroni & Cheese, Salad Bar - Assorted Dressings, Chocolate Pudding/Whipped Topping/Shaved Chocolate, Assorted Melon Wedges, Assorted Fresh Fruit                      |
|                  | <b>Dinner</b>    | Sliced Pot Roast, Roasted Red Skinned Potatoes, Sweet Corn, Dinner Rolls, Salad Bar - Assorted Dressings, Ice Cream Sundae Cups, Assorted Fresh Fruit                                                                                                       |
| <b>Wednesday</b> | <b>Breakfast</b> | Waffles, Butter & 2 Syrups, Sausage Links, Hard Cooked Eggs, Assorted Danish Pastries, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit                                                                                                        |
|                  | <b>Lunch</b>     | Grilled Hamburgers, Hamburger Buns, Sliced American Cheese, Pickles/Onions/Tomatoes/Lettuce, French Fries, Salad Bar - Assorted Dressings, Snickerdoodles, Assorted Melon Wedges, Assorted Fresh Fruit                                                      |
|                  | <b>Dinner</b>    | Pasta Bar, Cavatappi, Meatsauce/Marinara/Alfredo Sauce, California Blend Vegetables, Garlic Breadsticks, Salad Bar - Assorted Dressings, Jonny Pops, Assorted Fresh Fruit                                                                                   |
| <b>Thursday</b>  | <b>Breakfast</b> | Scrambled Eggs, Scrambled Eggs, Bacon Strips, Hash Brown Patties, Assorted Donut Holes, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit                                                                                                       |
|                  | <b>Lunch</b>     | Chicken Noodle & Tomato Soups, MYO Sandwiches, Kaiser Rolls, Sliced Ham/Turkey Breast/Salami/Egg Salad/Tuna Salad/American/Pepper Jack/Swiss Cheeses/Pickles/Onions/Tomatoes/Lettuce, Potato Chips, Cole Slaw/Potato Salad, Macaroni Salad, Lemon bars, Wat |
|                  | <b>Dinner</b>    | MYO Fajitas, Flour Tortillas/Taco Shells, Beef Fajita Meat, Chicken Fajita Meat, Sautéed Peppers & Onions, Pico De Gallo/Salsa, Guacamole & Sour Cream, Salad Bar - Assorted Dressings, Churro Donuts, Assorted Fresh Fruit                                 |
| <b>Friday</b>    | <b>Breakfast</b> | Buttermilk Pancakes, Butter & 2 Syrups, Sausage Links, Hard Cooked Eggs, Banana Chocolate Chip Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Assorted Fresh Fruit                                                                                       |
|                  | <b>Lunch</b>     | Breaded Chicken Tenders, Honey Mustard, French Fries, Salad Bar - Assorted Dressings, Rice Krispie Treats, Fresh Peaches & Plums, Assorted Fresh Fruit                                                                                                      |
|                  | <b>Dinner</b>    | Turkey Ala King, White Rice, Buttermilk Biscuits, Dinner Rolls, Salad bar - Assorted Dressings, Yellow Cake/Chocolate Icing/Sprinkles, Assorted Fresh Fruit                                                                                                 |
| <b>Saturday</b>  | <b>Breakfast</b> | 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](mailto:rLockhart@TroutCamps.org).*