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| <b>Sunday</b>    | <b>Dinner</b>    | Cheese Pizza, Pepperoni Pizza, Italian Salad, Capri Sun, Sliced Apples with Caramel Sauce   |
| <b>Monday</b>    | <b>Breakfast</b> | French Toast, Butter & Syrups, Sausage Links, Hard Cooked Eggs, Blueberry Muffins, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages                                      |
|                  | <b>Lunch</b>     | Beef Hot Dogs, Hot Dog Buns, Hot Dog Chili, Diced Onions/Cheddar Cheese, Salad Bar, Assorted Jello, Pineapple Slices, Assorted Fresh Fruit  |
|                  | <b>Dinner</b>    | Chicken Tenders, Assorted Condiments, Honey Mustard, Waffle Fries, Salad Bar, Yellow Cake/Chocolate Icing/Sprinkles, Assorted Fresh Fruit   |
| <b>Tuesday</b>   | <b>Breakfast</b> | MYO Breakfast Burritos, Scrambled Eggs, Ground Sausage, Cheddar Cheese, Shredded Hash Browns, Salsa/Sour Cream, Flour Tortillas, Assorted Donuts, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh |
|                  | <b>Lunch</b>     | Tomato Soup, Grilled Cheese Sandwiches, Goldfish Crackers, Fritos, Pasta Salad, Snickerdoodles, Watermelon Slices, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Boneless Chicken Wings, Assorted Sauces, Tater Tots, Salad Bar, Brownies, Red & Green Grapes, Assorted Fresh Fruit  |
| <b>Wednesday</b> | <b>Breakfast</b> | Waffles, Butter & Syrups, Bacon Strips, Hard Cooked Eggs, Apple Turnovers, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages  |
|                  | <b>Lunch</b>     | Beef & Turkey Taco Meat, Hard & Soft Tortillas/Chips, Salsa/Guacamole/Olives, Onions/Tomatoes/Jalapeños, Shredded Cheese/Lettuce, Refried Beans, Churro Fries, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Sweet & Sour Chicken Nuggets, Korean Beef Bulgogi, Fried Rice, Chicken & Vegetable Egg Rolls, Assorted Sauces, Steamed Broccoli, Salad Bar, Watermelon Cubes, Fortune Cookies, Assorted Fresh Fruit   |
| <b>Thursday</b>  | <b>Breakfast</b> | Scrambled Eggs, Sausage Gravy, Buttermilk Biscuits, Assorted Danish, Assorted Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages  |
|                  | <b>Lunch</b>     | Grilled Hamburgers, Hamburger Buns, Sliced American Cheese, Lettuce/Tomatoes/Onions/Pickles, French Fries, Salad Bar, Rice Krispie Treats, Peaches & Plums, Assorted Fresh Fruit  |
|                  | <b>Dinner</b>    | Cavatappi, Meatsauce/Mariana/Alfredo Sauce, Parmesan Cheese, California Blend Vegetables, Garlic Breadsticks, Salad Bar, Jonny Pops, Assorted Fresh Fruit   |
| <b>Friday</b>    | <b>Breakfast</b> | Pancakes, Sausage Patties, Hard Boiled Eggs, Chocolate Croissants, Assorted Hot and Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, Assorted Fresh Fruit, Assorted Beverages  |
|                  | <b>Lunch</b>     | Sloppy Joes, Tater Tots, Macaroni Salad, Salad Bar, Chocolate Chip Cookies, Assorted Melon Slices, Assorted Fresh Fruit   |
|                  | <b>Dinner</b>    | Beef and Chicken Fajitas, Sauteed Peppers and Onions, Pico De Gallo, Salsa, Guacamole, Sour Cream, Spanish Rice, Salad Bar, Churro Donuts, Assorted Fresh Fruit   |
| <b>Saturday</b>  | <b>Breakfast</b> | Sausage & Cheese Waffles, Bacon/Egg/Cheese/Pepper Egg Bites, Assorted Pastries, Hot & Cold Cereals, Yogurt Bar, Toast/English Muffins, Bagels & Cream Cheese, 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).