



YMCA TROUT LODGE DINING ROOM MENU



MONDAY

BREAKFAST: Scrambled Eggs, Cheese Omelet, French Toast & Syrup, Sausage Patties, Hash Brown Casserole, Make your own toast, Oatmeal, Cream of Rice, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kids Bar: Scrambled Eggs, Sausage Patties, French Toast Sticks, Butter & Syrup

LUNCH: Spinach/Feta Calazone, Hot French Dip Roast Beef, Veggie Burgers, Fries, Sauteed green peppers & onions, Assorted Cheeses, Wilderness Chili, Chicken & Wild Rice Soup, Salad Bar with dressings & toppings, French Rolls, Fruit & Pudding, Macaroni Salad, Coleslaw, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Corn Dogs, Green Beans, Carrot/Celery Sticks, Mandarin Oranges

DINNER: Rosemary Chicken, Spaghetti with Meat Sauce, Marinara Sauce, Broccoli with Lemon Zest, Steamed Corn, Bistro Potatoes with Bacon, Wilderness Chili, Chicken & Wild Rice Soup, Salad Bar with dressings & toppings, Bread Sticks, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Spaghetti, Marinara Sauce, Corn Nuggets, Fruit Cocktail

TUESDAY

BREAKFAST: Scrambled Eggs, Bacon Omelet, Biscuits & Gravy, Sausage Patties, Hash Browns, Make your own toast, Oatmeal, Grits, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Sausage Patties, Waffles, Butter & Syrup

LUNCH: Hamburgers, Hot Dogs, Brats, Sauerkraut, Chicken & Dumplings, Veggie Burgers, Fries, Baked Beans, Wilderness Chili, Chicken Noodle Soup, Salad Bar with dressings & toppings, Hamburger & Hot Dog Buns, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Hot Dogs & Buns, French Fries, Pineapple Tidbits

DINNER: Grilled Chicken Breast, BBQ Ribs, Spinach/Cheese Tortellini, Marinara & Alfredo Sauce, Oregon Mixed Veggies, Au Gratin Potatoes, Vegan Rice & Peppers, Wilderness Chili, Chicken Noodle Soup, Salad Bar with dressings & toppings, Dinner Rolls, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Ravioli, Bread Sticks, Carrot & Celery Sticks, Cinnamon Applesauce

WEDNESDAY

BREAKFAST: Scrambled Eggs, Sausage Omelet, Pancakes & Syrup, Bacon, Home Fries, Make your own toast, Oatmeal, Cream of Rice, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Bacon, Pancakes, Butter & Syrup

LUNCH: Beef Taco Meat, Black Beans, Spanish Rice, Chicken Fajitas, Peppers & Onions, Steamed Broccoli, Cheese Sauce, Wilderness Chili, Cream of Tomato Soup, Salad Bar with dressings & toppings, Salsa, Sour Cream & Grated Cheese, Flour Tortillas, Tortilla Chips, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Grilled Cheese Sandwiches, Tater Barrels, Cheesy Broccoli, Fruit Cocktail

DINNER: Chicken & Stir Fry, Fried Rice, Mediterranean Baked Fish, Lo Mein Noodles, Glazed Carrots, Crab Rangoon, Sweet & Sour Sauce, Wilderness Chili, Cream of Tomato Soup, Salad Bar with dressings & toppings, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Chicken Nuggets, Mac & Cheese, Green Beans, Sliced Peaches

THURSDAY

BREAKFAST: Scrambled Eggs, Cheese Omelet, Homemade French Toast & Syrup, Sausage Patties, Hash Brown Casserole, Make your own toast, Oatmeal, Grits, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Sausage Patties, French Toast Sticks, Butter & Syrup

LUNCH: Deli Turkey & Ham, Red Pepper Hummus, Baked Potatoes, Cheese Sauce, Steamed Broccoli, Wilderness Chili, Broccoli Cheddar Soup, Salad Bar with dressings & toppings, Egg Salad, Bacon Bits, Sour Cream, Lettuce, Tomatoes, Cheese, Assorted Rolls & Breads, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: BBQ Burgers & Buns, Corn Nuggets, Mandarin Oranges

DINNER: Roasted Turkey Breast & Gravy, Teriyaki Glazed Chicken Breast, Fettuccine con Broccoli, Cornbread Stuffing, Green Beans & Carrots, Mashed Potatoes, Wilderness Chili, Broccoli Cheddar Soup, Salad Bar with dressings & toppings, Dinner Rolls, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Ravioli, Mini Corn Dogs, Steamed Corn, Blushing Pear Halves

FRIDAY

BREAKFAST: Scrambled Eggs, Sausage Omelet, Biscuits & Gravy, Bacon, Home Fries, Make your own toast, Oatmeal, Grits, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Bacon, Waffles, Butter & Syrup

LUNCH: Breaded Pangasius (fish), Pulled BBQ Turkey, Vegetarian Lasagna Roll-Ups, Vegan Burgers, Green Beans, Corn-on-the-Cob, Fries, Wilderness Chili, Chicken Noodle Soup, Salad Bar with dressings & toppings, Hamburger Buns, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Bologna & Cheese Sandwiches, Franks & Beans, Fries, Fruit Cocktail

DINNER: Flounder, Pork Steaks, Long Grain & Wild Rice, Corn-on-the-Cob, Lentil Stew, Hush Puppies, Wilderness Chili, Chicken Noodle Soup, Salad Bar with dressings & toppings, Coleslaw, Pasta Salad, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Fish Sticks, Corn Nuggets, Mac & Cheese, Pineapple Tidbits

SATURDAY

BREAKFAST: Scrambled Eggs, Hash Brown Casserole, Egg White Spinach & Mushroom Omelet, Pancakes with Fruit Topping, Sausage Patties, Make your own toast, Oatmeal, Cream of Rice, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Sausage Patties, Pancakes, Butter & Syrup

LUNCH: Hamburgers, Hot Dogs, Brats, Vegan Chili Mac, Country-Style Baked Beans, Vegetable Blend, Fries, Sauerkraut, Wilderness Chili, Turkey & Wild Rice Soup, Salad Bar with dressings & toppings, Hamburger & Hot Dog Buns, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Corn Dogs, Carrots & Celery Sticks, Fries, Cinnamon Applesauce

DINNER: Herb Roasted Pork Loin & Gravy, Home-style Breaded Chicken, Breast, Spinach & Cheese Tortellini, Alfredo Sauce, Dill Baby Red Potatoes California Blend Veggies, Cinnamon Baked Apples, Wilderness Chili, Turkey & Wild Rice Soup, Salad Bar with dressings & toppings, Dinner Rolls, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Chicken Strips, Cheesy Broccoli, Steamed Corn, Baked Cinnamon Apples

SUNDAY

BREAKFAST: Scrambled Eggs, Biscuits & Gravy, Sausage Omelet, Bacon, Hash Browns, Make your own toast, Oatmeal, Grits, Bagels, Cinnamon Rolls, Coffee Cake, Assorted Cold Cereals, Rice Chex, Assorted Fruits, Yogurt & Toppings. Kid's Bar: Scrambled Eggs, Bacon, French Toast Sticks, Butter & Syrup

LUNCH: Fried Chicken, Baked Chicken, Roast Beef with au jus, Red Beans & Rice, Mashed Potatoes & Gravy, Green Beans, Wilderness Chili, Vegetable Soup, Salad Bar with dressings & toppings, Dinner Rolls, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Chicken Wings & Drumsticks, Mashed Potatoes & Gravy, Corn Nuggets, Fruit Cocktail

DINNER: Meatloaf & Gravy, Baked Swai (Fish), Pasta Prima Vera, Scalloped Potatoes, Steamed Carrots, Brussel Sprouts, Vegan Curry & Rice, Wilderness Chili, Vegetable Soup, Salad Bar with dressings & toppings, Dinner Rolls, Fruit & Pudding, Assorted Cakes & Pies, Cookies & Brownies. Kid's Bar: Chicken Nuggets, Grilled Cheese Sandwiches, Steamed Carrots, Sliced Peaches

There are always vegetarian, vegan and gluten-free options available in the list above!