

Week 7 - Timber Ridge
Jul 31 - Aug 5, 2016



Sunday	Dinner	Pizza, Breadsticks, Juice Boxes, Water
	Snack	Trout Scout Cookies
Monday	Breakfast	Scrambled Eggs with Ham, Bagels, Cream Cheese, Fresh Fruit, Cereal, Yogurt
	Lunch	Chicken Patties, Buns, Potato Wedges, Sliced Cheese, Veggies & Ranch, Snickerdoodles
	Dinner	Campfire Cookout, All-Beef Hot Dogs, Calico Beans, Chips, Smores, Lemonade
Tuesday	Breakfast	Pancakes, Sausage Patties, Hard Boiled Eggs, Syrup, Fresh Fruit, Yogurt, Cereal
	Lunch	Bacon Cheeseburger Macaroni Hotdish, California Vegetables, Garlic Bread, Salad Bar, Sherbet Cups
	Dinner	Tacos, Tortillas/Chips, Seasoned Beef, Refried Beans, Mexi-Corn, Homemade Salsa, Brownies
Wednesday	Breakfast	Breakfast in Bed: Mega Muffins, Bananas, Yogurt Cups, Juice Cups
	Lunch	Turkey Subs, Sliced Cheese, Lettuce, Tomatoes, Pickles, Pita Chips, Hummus, Vegetables, Rice Krispy Bars
	Dinner	Pork Loin, Mashed Potatoes, Sweet Peas, Buttermilk Biscuits, Salad Bar, Apple Sauce
Thursday	Breakfast	Breakfast Burritos, Tortilla, Scrambled Eggs, Hashbrowns, Fresh Fruit, Yogurt, Cereal
	Lunch	Ballfield Picnic: BBQ Chicken Sandwich, Sourdough Buns, Creamy Coleslaw, Watermelon, Fritos, Lemonade
	Dinner	Pasta Bar, Marinara & Alfredo Sauce, Fresh Green Beans, Focaccia Bread, Salad Bar, Fruit Pizza
Friday	Breakfast	French Dipped Waffles, Sausage Links, Hard Boiled Eggs, Fresh Berries, Whipped Cream, Yogurt, Cereal

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 rice and soy 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 kmiller@TroutCamps.org.