

**Week 7 - Timber Ridge**  
**Jul 30 - Aug 5, 2017**



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|------------------|------------------|---|
| <b>Sunday</b>    | <b>Dinner</b>    | Burgers on the Ballfield! Buns, Chips, Watermelon & Capri-Sun   |
|                  | <b>Snack</b>     | Kettle Corn & Root Beer   |
| <b>Monday</b>    | <b>Breakfast</b> | Breakfast Burritos, Tortillas, Eggs, Sausage Crumbles, Potato Ole's, Homemade Salsa, Fruit, Cereal                |
|                  | <b>Lunch</b>     | Loaded Baked Potato Soup, Breadsticks, Chef Salad Bar, Brownies   |
|                  | <b>Dinner</b>    | Build your own Rice Bowl, Chicken/Beef, Steamed Veggies, Egg Rolls, Asian Slaw, Mandarin Oranges, Fortune Cookies |
| <b>Tuesday</b>   | <b>Breakfast</b> | French Toast, Baked apples, Maple Syrup, Hard Boiled Eggs, Fruit, Cereal, Yogurt                                  |
|                  | <b>Lunch</b>     | Philly Sandwiches, Peppers/Onions, Swiss Cheese, Kettle Chips, Fresh Veggies & Ranch, Rice Krispy Bars            |
|                  | <b>Dinner</b>    | Lasagna, Garlic Bread, Green Beans, Caesar Salad Bar, Fruit Pizza   |
| <b>Wednesday</b> | <b>Breakfast</b> | Breakfast in Bed, Homemade Muffins, Bananas, Go-Gurt, Juice   |
|                  | <b>Lunch</b>     | Sub Sandwiches, Turkey/Ham/Cheese, Pita Chips, Hummus, Fresh Veggies & Ranch, Fruit Snacks                        |
|                  | <b>Dinner</b>    | Tacos! Tortillas, Corn Chips, Beef, Beans, Rice, Lettuce/Cheese/Salsa, Chocolate Chip Bars                        |
| <b>Thursday</b>  | <b>Breakfast</b> | Tater Tot Dish, Homemade Banana Bread, Fruit, Yogurt, Cereal  |
|                  | <b>Lunch</b>     | Hot Dogs, Buns, Chili, Crackers, Fresh Veggies & Ranch, Orange Sherbet  |
|                  | <b>Dinner</b>    | Turkey, Mashed Potatoes, Gravy, Corn, Cheddar Biscuits, Salad Bar, Apple Crisp                                    |
|                  | <b>Snack</b>     | Campfire S'mores  |
| <b>Friday</b>    | <b>Breakfast</b> | Pancakes, Sausage Links, Maple Syrup, Fruit, Yogurt, Cereal   |
|                  | <b>Lunch</b>     | Chicken Patties, Buns, Fries, Lettuce/Tomato/Cheese, Fresh Veggies & Ranch, Cookies                               |
|                  | <b>Dinner</b>    | Pizza, Salad Bar, Italian Sodas, Ice Cream  |
| <b>Saturday</b>  | <b>Breakfast</b> | Cinnamon Rolls, Oatmeal, Hard Boiled Eggs, Fruit, 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](mailto:kmiller@TroutCamps.org).*