

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



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