

Week 3 - The Point
Jul 2-8, 2017



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| Sunday | Dinner | Burgers in the Courtyard! Chips, Watermelon, Capri-Sun |
| | Snack | Ice Cream Push Pops |
| Monday | Breakfast | Ham & Cheese Eggs, Plain Scrambled Eggs, Hash Browns, Mini Blueberry Muffins, Fruit, Yogurt, Cereal |
| | Lunch | Soft Shell Tacos, Seasoned Beef, Lettuce/Cheese, Tomatoes/Olives, Spanish Rice, Homemade Salsa, Chocolate Chip Bars |
| | Dinner | Chicken Strips, Mashed Potatoes, Gravy, Corn, Biscuits, Honey, Salad Bar, Jonny Pops |
| Tuesday | Breakfast | Pancakes, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt, Cereal |
| | Lunch | Pulled Pork, Kettle Chips, Baked Beans, Creamy Coleslaw, Fresh Veggies & Ranch, Jello Cups |
| | Dinner | Swedish Meatballs, Buttered Noodles, Green Beans, Homemade Bread, Salad Bar, Brownies |
| Wednesday | Breakfast | Continental Breakfast, Donuts, Cereal Bars, Milk Cartons, Juice Cups, Bananas |
| | Lunch | Hot Dogs/Brats on the Grill, Macaroni & Cheese, Salad Bar, Watermelon |
| | Dinner | Pizza, Salad Bar, Ice Cream Cups |
| Thursday | Breakfast | Bacon & Cheese Scrambled Eggs, Bagels, Jelly & Cream Cheese, O'brien Potatoes, Fruit, Yogurt, Cereal |
| | Lunch | Chicken Patties, Potato Wedges, Fresh Veggies & Ranch, Rice Krispy Bars |
| | Dinner | Oven Roast Turkey, Stuffing, Sweet Potatoes, Dinner Rolls, Salad Bar, Apple Crisp |
| Friday | Breakfast | French Toast Sticks, Sausage, Syrup Cups, Fruit, Yogurt, Cereal |
| | Lunch | Sub Sandwiches, Deli Meat, Cheese, Fresh Veggies, Pita Chips, Hummus, Pasta Salad, Carnival Cookies |
| | Dinner | Totchos! Tater Tots, Beef/Beans, Salsa, Sour Cream, Onions, Olives, Jalapeños, Queso, Cupcakes |
| Saturday | Breakfast | Continental Breakfast, Cinnamon Rolls, Oatmeal, Cereal, Hard Boiled Eggs, Fruit & yogurt |

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.