

Week 4 - The Point
Jul 9-15, 2017



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| Sunday | Dinner | Burgers in the Courtyard! Chips, Watermelon, Capri-Sun |
| | Snack | Ice Cream Push-Pops |
| Monday | Breakfast | Biscuits & Gravy, Scrambled Eggs, Crispy Potatoes, Butter & Jelly, Fruit, Cereal, Yogurt |
| | Lunch | Chicken Fajitas, Tortillas, Fiesta Veggies, Homemade Salsa, Spanish Rice, Lettuce/Cheese/Olives, Tomatoes, Jalapeños, Chocolate Chip Bars |
| | Dinner | Pasta Bar, California Vegetables, Garlic Toast, Caesar Salad Bar, Johnny Pops |
| Tuesday | Breakfast | Pancakes, Sausage, Maple Syrup, Hard Boiled Eggs, Fruit, Cereal, Yogurt |
| | Lunch | Sloppy Joes, Chips, Baked Beans, Coleslaw, Fresh Veggies & Ranch, Snickerdoodles |
| | Dinner | Honey Ham, AuGratin Potatoes, Green Beans, Homemade Bread, Salad Bar, Apple Sauce Cups |
| Wednesday | Breakfast | Continental Breakfast, Donuts, Cereal Bars, Milk Cartons, Juice Cups, Bananas |
| | Lunch | Hot Dogs & Brats, Macaroni & Cheese, Ketchup/Mustard, Relish/Onions, Fresh Veggies & Ranch, Watermelon |
| | Dinner | Pizza, Salad Bar, Ice Cream |
| Thursday | Breakfast | French Dipped Waffles, Apple Topping, Sausage Patties, Maple Syrup, Fruit, Cereal, Yogurt |
| | Lunch | Deli Sandwiches, Turkey/Ham/Cheese, Homemade Soup, Crackers, Fresh Veggies & Ranch, Rice Krispy Bars |
| | Dinner | Yankee Pot Roast, Mashed Potatoes, Cheddar Biscuits, Baby Carrots, Salad Bar, Pudding |
| Friday | Breakfast | Breakfast Pizza, Homemade Banana Bread, Fruit, Cereal, Yogurt |
| | Lunch | Chicken Nuggets w/Dipping Sauces, Fries, Salad Bar, Fruit Snacks |
| | Dinner | Build your own Nachos! Homemade Chips, Beef/Beans, Queso, Onions/Olives/Jalapeños, Salsa, Sour Cream, Cupcakes |
| Saturday | Breakfast | Continental Breakfast, Cinnamon Rolls, Oatmeal, Cereal, 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.