

Week 4 - The Point
Jul 9-15, 2017



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.