

Week 4 - Timber Ridge
Jul 9-15, 2017



Sunday	Dinner	Burgers on the Ballfield! Buns, Chips, Watermelon, Capri-Sun
	Snack	Kettle Corn & Root Beer
Monday	Breakfast	Breakfast Burrito, Tortillas, Eggs, Sausage Crumbles, Crispy potatoes, Homemade Salsa, Fruit, Cereal
	Lunch	Wild Rice Soup, Bread Bowls, Chef Salad Bar, Rice Krispy Bars
	Dinner	Pasta Bar, California Vegetables, Homemade French Bread, Caesar Salad, Fruit Pizza
Tuesday	Breakfast	French Dipped Waffle, Strawberries & Whipped Cream, Hard Boiled Eggs, Fruit, Yogurt, Cereal
	Lunch	Buns, BBQ Beef, Kettle Chips, Calico Beans, Coleslaw, Fresh Veggies & Ranch, Cookies
	Dinner	Oven Baked Chicken, Cornbread, Green Beans, Potato Wedges, Salad Bar, Apple Sauce
Wednesday	Breakfast	Breakfast in Bed, Muffins, Bananas, Go-Gurt, Juice Cups
	Lunch	Sub Sandwiches, Deli Meats, Cheese, Pita Chips, Fresh Veggies, Hummus, Fruit Snacks
	Dinner	Tacos!, Chocolate Chip Bars
Thursday	Breakfast	Bagel Bar, Scrambled Eggs, Ham Slices, Cream Cheese & Jelly, Fruit, Yogurt, Cereal
	Lunch	Chicken Strips w/Dipping Sauces, Macaroni & Cheese, Fresh Veggies & Ranch, Orange Sherbert
	Dinner	Honey Garlic Pork, Mashed Potatoes, Gravy, Baby Carrots, Biscuits, Salad Bar, Cupcakes
Friday	Breakfast	Pancakes, Sausage Links, Fruit, Yogurt, Cereal
	Lunch	Baked Potato Bar, Chili, Cheese, Broccoli, Rolls & Butter, Sour Cream, Cookies
	Dinner	Pizza, Salad Bar, Italian Sodas, Ice Cream
Saturday	Breakfast	Cinnamon Rolls, Oatmeal w/Toppings, 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.