

**Week 7 - The Point**  
**Jul 29 - Aug 4, 2018**



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|------------------|------------------|---|
| <b>Sunday</b>    | <b>Dinner</b>    | Burgers on the Grill! Lettuce, Cheese, Tomato, Chips, Pickles, Onions, Watermelon, Milk or Water  |
|                  | <b>Snack</b>     | Goldfish, Juice   |
| <b>Monday</b>    | <b>Breakfast</b> | Breakfast Totdish, Fruit Turnovers, Fresh Fruit, Yogurt, Cereal   |
|                  | <b>Lunch</b>     | Italian Beef Hoagies, Grilled Onions & Peppers, Kettle Chips, Pickle Spears, Fresh Veggies, Ranch, Sherbet Cups                             |
|                  | <b>Dinner</b>    | Oven Roasted Chicken, Macaroni & Cheese, Fresh Green Beans, Dinner Rolls, Creamy Coleslaw, Cupcakes   |
| <b>Tuesday</b>   | <b>Breakfast</b> | French Toast Sticks, Sausage, Syrup Cups, Hard Boiled Eggs, Fruit, Yogurt, Cereal   |
|                  | <b>Lunch</b>     | Homemade Soup, Saltine Crackers, Deli Sandwiches, Turkey, Ham, Salami, Cheese, Lettuce, Tomato, Ketchup, Mustard, Mayo, Chocolate Chip Bars |
|                  | <b>Dinner</b>    | Taco or Nacho Bar, Tortillas, Chips, Beef, Beans, Rice, Lettuce, Cheese, Tomato, Homemade Salsa, Sour Cream, Snickerdoodles                 |
| <b>Wednesday</b> | <b>Breakfast</b> | Bagel Bar, Yogurt Parfaits, Bananas, Cereal   |
|                  | <b>Lunch</b>     | Grilled Hot Dogs & Brats, Calico Beans, Potato Salad, Fresh Veggies, Ranch, Carnival Cookies  |
|                  | <b>Dinner</b>    | Bowtie Pasta, Meat Sauce, Alfredo, Marinara, Homemade French Bread, Salad Bar, Italian Sodas  |
| <b>Thursday</b>  | <b>Breakfast</b> | Upside Down Day! Pizza, Salad Bar, Apple Sundaes  |
|                  | <b>Lunch</b>     | Chicken Nuggets, French Fries, Dipping Sauces, Fresh Veggies, Ranch, Fruit Snacks   |
|                  | <b>Dinner</b>    | Upside Down Day! Pancakes (2kinds), Sausage, Hard Boiled Eggs, Fruit, Yogurt, Cereal  |
| <b>Friday</b>    | <b>Breakfast</b> | Cheesy Scrambled Eggs, Ham Slices, Blueberry Coffeecake, Yogurt, Fruit, Cereal  |
|                  | <b>Lunch</b>     | Sloppy Joes on a Bun, Pita Chips, Fresh Veggies, Hummus, Coleslaw, Banana Cake  |
|                  | <b>Dinner</b>    | Country Fried Steak, Mashed Potatoes & Gravy, Biscuits, Sweet Corn, Salad Bar, Pudding Cups   |
| <b>Saturday</b>  | <b>Breakfast</b> | Cinnamon Rolls, Oatmeal w/toppings, Bananas, 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](mailto:kmiller@TroutCamps.org).*