

**Week 4 - The Point**  
Jul 7-13, 2019



<b>Sunday</b>	<b>Dinner</b>	Hot Dogs & Brats, Buns, Ketchup, Mustard, Calico Beans, Kettle Chips, Watermelon, Lemonade
	<b>Snack</b>	Trail Mix
<b>Monday</b>	<b>Breakfast</b>	Breakfast Pizza, Muffins, Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Pasta Bar, California Veggies, Breadsticks, Salad Bar, Ice Cream Cups
	<b>Dinner</b>	Oven Roasted Turkey, Stuffing, Gravy, Corn, Rolls, Butter, Salad Bar, Cupcakes
<b>Tuesday</b>	<b>Breakfast</b>	Waffles, Sausage Patties, Syrup, Apple Topping, Hard Boiled Eggs, Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Tacos! Tortillas, Chips, Beef, Beans, Rice, Tomato, Onions, Olives, Cheese, Lettuce, Homemade Salsa, Sour Cream, Churros
	<b>Dinner</b>	Chicken Strips w/Dipping Sauces, Fries, Salad Bar, Rice Krispie Bars
<b>Wednesday</b>	<b>Breakfast</b>	Cheese Omelets, Bagels w/Cream Cheese, Oatmeal w/Toppings, Yogurt Parfaits, Cereal
	<b>Lunch</b>	Sub Sandwiches, Deli Meat, Cheese, Pita Chips, Veggies, Hummus, Ranch, Ketchup, Mustard, Mayo, Carnival Cookies
	<b>Dinner</b>	Swedish Meatballs, Mashed Potatoes, Steamed Carrots, Rolls, Butter, Salad Bar, Apple Sundaes
<b>Thursday</b>	<b>Breakfast</b>	French Toast Sticks, Sausage Links, Hard Boiled Eggs, Syrup Cups, Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Pizza, Salad Bar, Italian Ice,
	<b>Dinner</b>	Baked Honey Ham, Mac & Cheese, Rolls, Butter, Fresh Green Beans, Salad Bar, Strawberry Shortcake
<b>Friday</b>	<b>Breakfast</b>	Cheesy Bacon Scrambled Eggs, Breakfast Potatoes, Cornbread w/Honey, Fruit, Cereal, Yogurt Cups
	<b>Lunch</b>	Burgers, Buns, Chips, Potato Salad, Pickles, Cheese, Fresh Veggies, Homemade Ranch, Sugar Cookies
	<b>Dinner</b>	Burrito Bowls, Beans, Rice, Fajita Vegetables, Pork, Chicken, Chips & Salsa, Lettuce, Cheese, Tomato, Sour Cream, Pudding
<b>Saturday</b>	<b>Breakfast</b>	Breakfast on the Deck! Cinnamon Rolls, Donuts, Hard Boiled Eggs, Bananas, String Cheese, Milk Cartons

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).