

**Week 3 - The Point**  
**Jul 3-9, 2016**



<b>Sunday</b>	<b>Dinner</b>	Walking Tacos, Juice Boxes, Water
	<b>Snack</b>	Trout Scout Cookies
<b>Monday</b>	<b>Breakfast</b>	French Toast, Sausage Links, Apple Topping, Maple Syrup Fresh Fruit, Yogurt, Cereal & Milk
	<b>Lunch</b>	Chicken Phillies, Hoagie Buns, Grilled Peppers & Onions, Cheese, Potato Salad, Sherbet Cups
	<b>Dinner</b>	Pasta Bar, Marinara & Alfredo, California Vegetables, French Bread, Salad Bar, Brownies
<b>Tuesday</b>	<b>Breakfast</b>	Ham & Cheese Scrambled Eggs , Hashbrowns, Mini Bagels with Cream Cheese, fruit, Yogurt, Cereal & Milk
	<b>Lunch</b>	Hot Dogs & Brats on the Grill, Calico Beans, Kettle Chips, Pickles, Creamy Coleslaw, Snickerdoodles
	<b>Dinner</b>	Honey Glazed Ham, Au Gratin Potatoes, Rolls, Baby Carrots, Salad Bar, Applesauce
<b>Wednesday</b>	<b>Breakfast</b>	Donuts on the Deck, Bananas, Yogurt Cups, Cereal & Milk
	<b>Lunch</b>	Build-Your-Own Deli Sandwich: Deli Meat & Cheese, Hummus & Veggies, Pita Chips, Chocolate Chip Bars
	<b>Dinner</b>	Campfire Hobo Dinner, Corn Meal Muffins with Honey, Watermelon, Trail Mix
<b>Thursday</b>	<b>Breakfast</b>	Pancakes, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt, Cereal & Milk
	<b>Lunch</b>	Chicken Nuggets, Mini Corn Dogs, French Fries, Dipping Sauces, Veggies & Ranch, Fruit Snacks
	<b>Dinner</b>	Pizza, Salad Bar, Ice Cream Cups
<b>Friday</b>	<b>Breakfast</b>	Breakfast Burritos, Tortillas, Scrambled Eggs, Sausage Crumbles, Crispy Potatoes, Homemade Salsa, Fruit, Cereal & Milk
	<b>Lunch</b>	Burgers, Buns, Cheese, Pasta Salad, Pickles & Veggies, Cookies
	<b>Dinner</b>	Turkey, Mashed Potatoes, Corn, Rolls, Salad Bar, Cake
<b>Saturday</b>	<b>Breakfast</b>	Cinnamon Rolls, Oatmeal with toppings, Bananas, Yogurt, Cereal & Milk

*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).*