

Week 3 - Timber Ridge
Jul 3-9, 2016



| | | |
|------------------|------------------|--|
| Sunday | Dinner | Pizza, Breadsticks, Juice Boxes, Water |
| | Snack | Trout Scout Cookies |
| Monday | Breakfast | Scrambled Eggs with Ham, Bagels, Cream Cheese, Fresh Fruit, Cereal, Yogurt |
| | Lunch | Chicken Patties, Buns, Potato Wedges, Sliced Cheese, Veggies & Ranch, Snickerdoodles |
| | Dinner | Campfire Cookout, All-Beef Hot Dogs, Calico Beans, Chips, Smores, Lemonade |
| Tuesday | Breakfast | Pancakes, Sausage Patties, Hard Boiled Eggs, Syrup, Fresh Fruit, Yogurt, Cereal |
| | Lunch | Bacon Cheeseburger Macaroni Hotdish, California Vegetables, Garlic Bread, Salad Bar, Sherbet Cups |
| | Dinner | Tacos, Tortillas/Chips, Seasoned Beef, Refried Beans, Mexi-Corn, Homemade Salsa, Brownies |
| Wednesday | Breakfast | Breakfast in Bed: Mega Muffins, Bananas, Yogurt Cups, Juice Cups |
| | Lunch | Turkey Subs, Sliced Cheese, Lettuce, Tomatoes, Pickles, Pita Chips, Hummus, Vegetables, Rice Krispy Bars |
| | Dinner | Pork Loin, Mashed Potatoes, Sweet Peas, Buttermilk Biscuits, Salad Bar, Apple Sauce |
| Thursday | Breakfast | Breakfast Burritos, Tortilla, Scrambled Eggs, Hashbrowns, Fresh Fruit, Yogurt, Cereal |
| | Lunch | Ballfield Picnic: BBQ Chicken Sandwich, Sourdough Buns, Creamy Coleslaw, Watermelon, Fritos, Lemonade |
| | Dinner | Pasta Bar, Marinara & Alfredo Sauce, Fresh Green Beans, Focaccia Bread, Salad Bar, Fruit Pizza |
| Friday | Breakfast | French Dipped Waffles, Sausage Links, Hard Boiled Eggs, Fresh Berries, Whipped Cream, Yogurt, Cereal |
| | Lunch | Hot Ham and Cheese Hoagie, Tater Tots, Fresh Veggies & Ranch, Pickles, Chocolate Chip Bars |
| | Dinner | Lemon Chicken, White Rice, Steamed Broccoli, Egg Rolls, Dinner Rolls, Salad Bar, Ice Cream (Jonny Pops) |
| Saturday | Breakfast | Cinnamon Rolls, Oatmeal, Fresh Fruit, 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.