

**Week 4 - Timber Ridge
Jul 10-16, 2016**



Sunday	Dinner	Pizza, Breadsticks, Juice Boxes, Water
	Snack	Trout Scout Cookies
Monday	Breakfast	Cheesy Bacon Scrambled Eggs, O'Brian Potatoes, Coffeecake, Orange Slices, Yogurt, Cereal
	Lunch	Chicken Patties, Ranch Wedges, Sliced Cheese, Lettuce, Tomato, Pickles, Veggies & Ranch, Snickerdoodles
	Dinner	Campfire Cookout, All-Beef Hot Dogs, Calico Beans, Chips, Smores, Lemonade
Tuesday	Breakfast	Pancakes, Sausage Patties, Hard Boiled Eggs, Syrup, Butter, Fresh Fruit, Yogurt, Cereal
	Lunch	Deli Sandwich, Pita Chips, Hummus, Broccoli Salad, Veggies & Ranch, Applesauce
	Dinner	Garlic Chicken, Wild Rice, Fresh Beans, Dinner Rolls, Salad Bar, Chocolate Chip Bars
Wednesday	Breakfast	Breakfast in Bed: Mega Muffins, Bananas, Yogurt Cups, Juice
	Lunch	Pulled Pork, Macaroni & Cheese, Coleslaw, Veggies & Ranch, Cookies
	Dinner	Taco Bar, Ice Cream Cups
Thursday	Breakfast	Homemade Breakfast Pizza, Banana Bread, Fresh Fruit, Yogurt, Cereal
	Lunch	Ballfield Picnic: Pulled Pork on Sourdough Buns, Creamy Coleslaw, Watermelon, Fritos, Lemonade
	Dinner	Pasta Bar, Marinara/Alfredo Sauce, California Vegetables, French Bread, Salad Bar, Fruit Pizza
Friday	Breakfast	French Toast, Sausage Links, Apple Topping, Syrup, Fresh Fruit, Yogurt, Cereal
	Lunch	French Dip Sandwiches with Aujus, Swiss Cheese, Homemade Potato Salad, Veggies & Ranch, Cookies
	Dinner	Turkey, Mashed Potatoes, Corn, Buttermilk Biscuits, Salad Bar, Cupcakes
Saturday	Breakfast	Cinnamon Rolls, Oatmeal, 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.