

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



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