

**Week 4 - Timber Ridge**  
**Jul 9-15, 2017**



<b>Sunday</b>	<b>Dinner</b>	Burgers on the Ballfield! Buns, Chips, Watermelon, Capri-Sun
	<b>Snack</b>	Kettle Corn & Root Beer
<b>Monday</b>	<b>Breakfast</b>	Breakfast Burrito, Tortillas, Eggs, Sausage Crumbles, Crispy potatoes, Homemade Salsa, Fruit, Cereal
	<b>Lunch</b>	Wild Rice Soup, Bread Bowls, Chef Salad Bar, Rice Krispy Bars
	<b>Dinner</b>	Pasta Bar, California Vegetables, Homemade French Bread, Caesar Salad, Fruit Pizza
<b>Tuesday</b>	<b>Breakfast</b>	French Dipped Waffle, Strawberries & Whipped Cream, Hard Boiled Eggs, Fruit, Yogurt, Cereal
	<b>Lunch</b>	Buns, BBQ Beef, Kettle Chips, Calico Beans, Coleslaw, Fresh Veggies & Ranch, Cookies
	<b>Dinner</b>	Oven Baked Chicken, Cornbread, Green Beans, Potato Wedges, Salad Bar, Apple Sauce
<b>Wednesday</b>	<b>Breakfast</b>	Breakfast in Bed, Muffins, Bananas, Go-Gurt, Juice Cups
	<b>Lunch</b>	Sub Sandwiches, Deli Meats, Cheese, Pita Chips, Fresh Veggies, Hummus, Fruit Snacks
	<b>Dinner</b>	Tacos!, Chocolate Chip Bars
<b>Thursday</b>	<b>Breakfast</b>	Bagel Bar, Scrambled Eggs, Ham Slices, Cream Cheese & Jelly, Fruit, Yogurt, Cereal
	<b>Lunch</b>	Chicken Strips w/Dipping Sauces, Macaroni & Cheese, Fresh Veggies & Ranch, Orange Sherbert
	<b>Dinner</b>	Honey Garlic Pork, Mashed Potatoes, Gravy, Baby Carrots, Biscuits, Salad Bar, Cupcakes
<b>Friday</b>	<b>Breakfast</b>	Pancakes, Sausage Links, Fruit, Yogurt, Cereal
	<b>Lunch</b>	Baked Potato Bar, Chili, Cheese, Broccoli, Rolls & Butter, Sour Cream, Cookies
	<b>Dinner</b>	Pizza, Salad Bar, Italian Sodas, Ice Cream
<b>Saturday</b>	<b>Breakfast</b>	Cinnamon Rolls, Oatmeal w/Toppings, Hard Boiled Eggs, 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).*