

Week 4 - Timber Ridge
Jul 7-13, 2019



Sunday	Dinner	Huli Huli Chicken, Kings Hawaiian Rolls, Macaroni Salad, Fried Rice, Tropical Punch, Fresh Fruit
	Snack	Fruit Ice
Monday	Breakfast	Breakfast Burritos, Scrambled Eggs, Crispy Potatoes, Tortillas, Sausage, Fresh Fruit, Yogurt Cups, Cereal
	Lunch	Ravioli, Breadsticks, Green Beans, Salad Bar, Fruit Pizza
	Dinner	Turkey, Mashed Potatoes, Gravy, Corn, Rolls, Butter, Salad Bar, Cupcakes
Tuesday	Breakfast	Waffles, Sliced Ham, Hard Boiled Eggs, Syrup, Fruit, Yogurt Cups, Cereal
	Lunch	Chicken Patties, Bun, Fries, Cheese, Lettuce, Tomato, Onions, Pickles, Mayo, Ketchup, Carrots, Celery, Ranch, Carnival Cookies
	Dinner	Tacos! Tortillas, Chips, Beef, Beans, Rice, Cheese, Lettuce, Tomato, Homemade Salsa, Sour Cream, Churros
Wednesday	Breakfast	Bagel Bar, Sausage Egg Patties, Cheese, Oatmeal w/Toppings, Yogurt Parfaits, Fresh Berries, Cereal
	Lunch	Homemade Soup, Deli Sandwiches, Turkey, Ham, Salami, Cheese, Lettuce, Tomato, Pickles, Mayo, Mustard, Saltine Crackers, Rice Krispie Bars
	Dinner	BBQ Meatballs, Mac & Cheese, Fresh Green Beans, Cornbread, Salad Bar, Pineapple Upside-Down Cake
Thursday	Breakfast	French Toast Sticks, Sausage Links, Syrup Cups, Hard Boiled Eggs, Fruit, Yogurt Cups, Cereal
	Lunch	French Bread Pizza! Salad Bar, Italian Ice
	Dinner	Wing Night! w/Dipping Sauces, Baked Potatoes, Steamed Broccoli, Salad Bar, Chocolate Chip Bars
Friday	Breakfast	Breakfast Pizza, Muffins, Fruit, Yogurt Cups, Cereal
	Lunch	Brats, Buns, Chips, Potato Salad, Pickles, Cheese, Lettuce, Tomato, Onions, Veggies, Ranch, Sugar Cookies
	Dinner	Rice/Ramen Bowls, Stir Fry Veggies, Beef, Pork, Sweet & Sour, Teriyaki Sauce, Salad Bar, Mandarin Oranges
Saturday	Breakfast	Breakfast on the Deck! Donuts, Cinnamon Rolls, String Cheese, Bananas, Hard Boiled Eggs, Milk Cartons

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.