

**Week 5 - Timber Ridge**  
**Jul 14-19, 2019**



<b>Sunday</b>	<b>Dinner</b>	Huli Huli Chicken, Kings Hawaiian Rolls, Macaroni Salad, Fried Rice, Fresh Fruit, Tropical Punch
	<b>Snack</b>	Fruit Ice
<b>Monday</b>	<b>Breakfast</b>	Breakfast Totdish! - Monkey Bread, Fresh Fruit, Yogurt Cups, Cereal
	<b>Lunch</b>	Deli Turkey, Wraps, Pita Chips, Hummus/Ranch, Fresh Veggies, Cookies
	<b>Dinner</b>	Pot Roast, Mashed Potatoes & Gravy, Steamed Carrots, Rolls, Salad Bar, Cupcakes
<b>Tuesday</b>	<b>Breakfast</b>	Pancakes, Sausage, Hard Boiled Eggs, Syrup, Fresh Fruit, Yogurt, Cereal
	<b>Lunch</b>	Tacos, Tortillas, Chips, Beef, Beans, Rice, Lettuce, Cheese, Tomato, Onions, Olives, Homemade Salsa, Sour Cream, Churros
	<b>Dinner</b>	Lasagna Roll-Ups, Italian Sausage w/Peppers & Onions, Green Beans, Garlic Bread, Salad Bar, Fruit Pizza
<b>Wednesday</b>	<b>Breakfast</b>	Bagel Bar, Sausage Egg Patties, Cheese Slices, Oatmeal w/Toppings, Yogurt Parfaits, Fresh Berries, Cereal
	<b>Lunch</b>	Chicken Club on a Bun, Fries, Lettuce, Tomato, Onions, Cheese, Pickles, Veggies & Homemade Ranch, Rice Krispie Bars
	<b>Dinner</b>	Baked Honey Ham, Macaroni & Cheese, California Veggies, Buttermilk Biscuits, Salad Bar, Pineapple Upside-Down Cake
<b>Thursday</b>	<b>Breakfast</b>	French Toast Sticks, Sausage Links, Hard Boiled Eggs, Syrup Cups, Fresh Fruit, Yogurt Cups, Cereal
	<b>Lunch</b>	Pizza, Salad Bar, Italian Ice
	<b>Dinner</b>	Wing Night! Dipping Sauces, Baked Potatoes, Steamed Broccoli, Salad Bar, Rolls & Butter, Chocolate Chip Bars
<b>Friday</b>	<b>Breakfast</b>	Breakfast on the Deck! Cinnamon Rolls, Donuts, 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](mailto:kmiller@TroutCamps.org).*