

Week 4 - The Point
Jul 10-16, 2016



| | | |
|------------------|------------------|---|
| Sunday | Dinner | Walking Taco, Juice Boxes, Water |
| | Snack | Trout Scout Cookies |
| Monday | Breakfast | Waffles, Sausage, Strawberries, Whipped Cream, Fruit, Yogurt, Cereal & Milk |
| | Lunch | French Dip Sandwiches, Onions, Peppers, Sourdough Bun, Sliced Cheese, Potato Salad, Sherbet |
| | Dinner | Macaroni & Cheese, BBQ Chicken, Buttermilk Biscuits, Sweet Peas, Salad Bar, Brownies |
| Tuesday | Breakfast | Bacon & Cheese Scrambled Eggs, Crispy Potatoes, Banana Bread or Muffins, Fruit, Yogurt, Cereal & Milk |
| | Lunch | Hot Dogs & Brats on the grill, Baked Beans, Kettle Chips, Creamy Coleslaw, Snickerdoodles |
| | Dinner | Honey Glazed Ham, Red Potatoes, Dinner Rolls, Fresh Green Beans, Salad Bar, Applesauce |
| Wednesday | Breakfast | Donuts on the Deck, Bananas, Yogurt Cups, Cereal & Milk |
| | Lunch | Build your own Deli Sandwich, Pita Chips, Veggies, Hummus & Ranch, Fruit Snacks |
| | Dinner | Campfire Hobo Dinner, Corn Meal muffins with Honey, Watermelon, Trail Mix |
| Thursday | Breakfast | Pancakes, Sausage Links, Fruit, Yogurt, Cereal & Milk |
| | Lunch | Chicken Nuggets, Corn Dogs, French Fries, Veggies & Ranch, Chocolate Chip Bars |
| | Dinner | Pizza, Salad Bar, Ice Cream |
| Friday | Breakfast | Breakfast Burrito, Tortillas, Eggs, Sausage, Homemade Salsa, Fruit, Yogurt, Cereal & Milk |
| | Lunch | Pulled Pork, Kaiser Buns, Fritos, Pickles, Veggies & Ranch Cookies |
| | Dinner | Roast Turkey, Stuffing, Mashed Potatoes, Corn, Dinner Rolls, Salad Bar, Cups |
| Saturday | Breakfast | Cinnamon Rolls, Oatmeal with Toppings, Bananas, Yogurt, Cereal & Milk |

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.