



Camp Menu



The dishes served at LaboLand are made using fresh ingredients from the local area.

Eat up!



Dinner

FIRST DAY

- ◎Rice
- ◎Country Stew
- ◎Chicken Thigh
- ◎Shredded Cabbage & Tomato
- ◎Macaroni Salad
- ◎Bacon & Broccoli Stir-fry
- ◎Yogurt Drink



Second Day

Breakfast

Lunch

Dinner

- ◎Rice
- ◎Miso Soup (Fried & Cubed Tofu, Kelp)
- ◎Miso-Simmered Mackerel
- ◎Japanese Omelet
- ◎"Kinpira" Mixed Veggies
- ◎Pickled Cucumber



★Packed Lunch★

- ◎Yakisoba Bread Roll
- ◎Teriyaki Hamburger
- ◎Egg Salad Roll
- ◎Banana
- ◎Orange Juice



Snack:
Apple Jelly
*Given out with Breakfast

- ◎Rice
- ◎Kenchin Soup
- ◎Ginger Pork
- ◎Shredded Cabbage & Tomato
- ◎Spaghetti Salad
- ◎Shredded Radish
- ◎Yogurt



Third Day

Breakfast

Lunch

Dinner

- ◎Rice
- ◎Miso Soup (Radish, Mushroom & Onion)
- ◎Pan-Fried Salmon
- ◎"Hijiki" Stew
- ◎Shredded Dried Radish
- ◎Potato Salad
- ◎"Furikake" Seasoning (Allergen-free)



◎Chestnut Rice

◎Roast Pork

◎Crabmeat Salad

◎Egg Soup

◎Persimmon



- ◎Rice
- ◎Pork Curry
- ◎Pickled Veggies
- ◎Mincemeat Croquette
- ◎Corn Mayo Salad
- ◎Grape Jelly



Breakfast

Fourth Day

Lunch

- ◎Hot Dog Buns (2)
 - Weiner Sausage
 - Boiled Cabbage
 - Ketchup & Mustard
 - Jam & Margarine



- ◎Tuna Salad
- ◎Corn Pottage (Corn, Onion, Bacon)

★Packed Lunch★

- Rice Balls (Salmon, Kelp)
- Chinese Potatoes
- Fried Chicken
- Pork Dumplings
- Meat Omelet
- Broccoli
- Macaroni Salad
- Fried Horse Mackerel
- Green Tea(500ml)



- ◎Dressings
 - French
 - Green Shiso

◎Soy Sauce

◎Worcestershire Sauce

※Please store it in your lodge when not in use, Return all sauces on the 4th day.



2023 Kurohime LaboLand Winter Camp Ingredients List

Dressings & Sauces (Lodge)	Green Shiso Dressing (Perilla)	Vinegar, Grape Syrup, Soy Sauce, Salt, Seasoned Plum Paste, Scallop Extract, Bonito Extract, Dried Perilla (Shiso), Amino Acids, Xanthan Gum Thickener & Flavouring Agent, Sweetener (Sucralose); May Contain Traces of Wheat and Soy	
	French Dressing	Vegetable oil, Sugar (Sucrose and Grape Extract Fructose), Vinegar, Salt, Spices, Lemon Juice Powder, Egg (Yolk), Xanthan Gum Thickener & Flavouring Agent, Amino Acids, Spice Extract; May Contain Traces of Egg	
	Soy Sauce	Salt, Soybeans (Raw & Processed), Wheat, Preservative (Benzoic Acid)	
	Worcestershire Sauce	Sugar, Vinegar, Salt, Vegetables & Fruit (Tomato, Onion, Apple, etc.), Spices, Caramel Colouring (Amino Acids), Sweetener (Stevia, Saccharin Salt); May Contain Traces of Soy and Apple.	
1st Day	Dinner	Cooked Rice	Rice
		Countryside Soup	Pork, Carrot, Bean Curd Tofu (Soy Milk, Dextrin, Tofu Coagulant, Water), Konjac (Konjac Flour, Seaweed Powder, Calcium Hydroxide), Taro Root, Vegetable Oil, Granulated Soup Stock, Miso Paste
		Chicken (Thigh)	Chicken, Potato Starch, Vegetable Oil, Soy Sauce, Cooking Wine, Vinegar, Mirin Sweet Cooking Wine, Sugar, Cabbage, Tomato
		Macaroni Salad	Macaroni, Mayonnaise, Carrot, Onion, Sugar, Salt, Reduced Syrup, Vinegar, Egg (Yolk), Spices, Yeast Extract, Xanthan Gum Thickener, Starch, Amino Acids, Glycine, Spice Extract; May Contain Traces of Egg, Wheat, and Soy
	Breakfast	Bacon Broccoli Stir-Fry	Broccoli, Pork (Belly, Sliced) Egg Protein, Salt, Reduced Syrup, Soy Protein, Yeast Extract, Vegetable Extract, Phosphates, Polysaccharide Thickener, Amino Acids, Antioxidants (Vitamin C), Fungicide, Coloring Agent (Sodium Acetate, Cochineal dye), Vegetable Oil and Fat, Salt
		Yogurt	Sugar (Raw & Grape Syrup), Skimmed Milk Powder, Dextrose, Starter, Flavoring, Acidulant, Sweetener (Acesulfame K, Sucralose), Water
		Cooked Rice	Rice
2nd day	Lunch (Bento)	Miso Soup	Bean Curd Tofu (Deep Fried & Cubed Variants: Soy Milk, Dextrin, Tofu Coagulant, Water), Wakame Seaweed, Miso Paste, Granulated Broth
		Simmered Mackerel in Miso	Horse Mackerel, Miso Paste, Ginger, Cooking Wine, Sugar, Sweet Cooking Wine, Granulated Broth
		Japanese Omelet	Eggs (Beaten, Produce of Japan), Vegetable Oil and Fat, Sugar, Soy Sauce, Fermented Starch, Bonito, Salt, Processed starch, Amino Acids, Carotenoid Dye; May Contain Traces of Egg, Dairy, Wheat, and Soy
		"Kinpira" Mixed Vegetables	Burdock Root, Carrot, Soy Sauce, Sugar, Sesame, Vegetable Oil and Fat, Protein Hydrolysate, Yeast Extract, Salt, Chili Pepper, Sorbitol, Amino Acids, Acidulant, Antioxidant (Sodium Erythorbate), Lactic Acid, Calcium, Sulfites
		Pickled Cucumber	Cucumber, Ginger, Pickling Ingredients (Salt, Soy Sauce, Soy Protein Hydrolysate), Amino Acids, Acidulant, Sorbitol, Sweetener (Stevia), Colouring Agent (Yellow 4, Blue 1); May Contain Traces of Soy and Wheat
3rd Day	Lunch	Yakisoba Bun	Bread (Bun), Chinese Noodles, Yakisoba Sauce, Worcestershire sauce, Red Ginger, Processed Oils and Fats, Flavored Oil, Starch, Sodium Acetate, Xanthan Thickener, Colouring Agent (Caramel, Carotenoid Dye, and Cyanine), Amino Acids, Acidulant, Flavouring Agent, Yeast, Yucca Extract, Preservative (Sorbitol), Antioxidants (Vitamin C), Spice Extract; May Contain Traces of Egg, Dairy, Wheat, Sesame, Soy, Pork, Peaches and Apple
		Teriyaki Hamburger	Bread, Meat Patty (Beef, Chicken), Teriyaki Sauce, Mayonnaise, Starch, Xanthan Thickener, Acetic Acid, Glycine, Emulsifier, Amino Acids, Caramel Colouring Agent, Yeast, Acidulant, Spice Extract, Antioxidants (Vitamin C); May Contain Traces of Dairy, Egg, Wheat, Beef, Soy, and Chicken
		Egg Salad Sandwich	Egg Filling (Mayonnaise, Egg (Whole)), Bread (Bun), Sodium Acetate, Starch, Glycine, Emulsifier, Acidulant, Amino Acids, Yeast, Carotenoid Colouring Agent, Antioxidants (Vitamin C); May Contain Traces of Dairy, Egg, Wheat, Soy, Apple, Gelatin
		Banana	Banana (Whole)
		Orange Juice	Orange Juice (Concentrate), Flavouring Agents, Water
	Dinner	Apple Jelly	Sugar (Raw & Grape Syrup), Apple Juice (Concentrate), Apple Puree, Polysaccharide Thickener, Acidulant, Flavouring Agent, Colouring Agent (Gardenia, Safflower Yellow); May Contain Traces of Apple (Whole).
		Cooked Rice	Rice
		Kenchin Soup	Bean Curd Tofu (Soy Milk, Dextrin, Tofu Coagulant, Water), Wakame Seaweed, Miso Paste, Granulated Soup Stock, Taro, Burdock Root, Carrot, Radish, Leek, Sesame Oil, Sake, Soy Sauce
		Ginger Pork	Pork, Grated Ginger, Onion, Soy Sauce, Cooking Wine, Sweet Cooking Wine, Vegetable Oil, Cabbage, Cherry Tomato
		Spaghetti Salad	Pasta (Spaghetti), Mayonnaise, Carrot, Onion, Sugar, Reduced Syrup, Salt, Egg (Yolk), Vinegar, Sugar, Yeast Extract, Vinegar, Spices, Xanthan Thickener, Starch, Amino Acids, Glycine, Spice Extract; May Contain Traces of Egg, Wheat, Soy, Cucumber
Breakfast	Shredded White Radish	Daikon Radish, Pickling Agents (Salt), Amino Acids, Acidulant, Preservative (Sorbitol), Sweetener (Stevia), Color (Yellow 4)	
	Yogurt	Raw Milk, Sugar, Agar, Flavouring Agents; May Contain Traces of Dairy	
	Cooked Rice	Rice	
	Miso Soup	Miso Paste, Granulated Soup Stock, Radish, Shimeji Mushroom, Onion	
	Pan-fried Salmon	Salmon, Vegetable Oil, Salt	
	Hijiki Stew	Green Peas, Bamboo Shoot, Carrot, Sugar, Dried Hijiki Mushroom, Soy Sauce, Deep-Fried Tofu, Rice Fermentation, Rapeseed Oil, Kombu Extract, Dried Bonito Powder, Amino Acids, Antioxidants (Vitamin C), Coagulant	
	Dried Radish	Carrots, Dried Daikon Radish, Deep-Fried Tofu (Soybean, Vegetable Oil, Coagulant), Sugar, Soy Sauce, Mirin, Granulated Soup Stock	
Lunch	Potato Salad	Potato, Mayonnaise, Onion, Carrot, Sugar, Salt, Reduced Syrup, Vinegar, Egg (Yolk), Spices, Yeast Extract/Amino Acids, Sodium Acetate, Glycine, Xanthan Thickener, Spice Extract; May Contain Traces of Egg and Soy	
	Allergen-Free: Furikake	Sugar, Glucose, Salt, Dried Bonito Flakes, Corn Starch, Dextrin, Yeast Extract, Green Tea Powder, Wakame Seaweed, Dried Nori Seaweed Sheets (Laver, Vegetable Protein Hydrolysate), Seasoned Bonito Shavings (Bonito, Sugar, Salt, Yeast Extract, Shiitake Mushroom Extract), Shell Calcium, Cellulose, Antioxidants (Vitamin E)	
	Chestnut Rice	Rice, Chestnut	
	Pork Stirfry	Pork, Onion, Vegetable Oil, Yakiniku Sauce	
	Crab Salad	Cabbage, Cucumber, Artificial Crab Flakes (Fish, Starch, Fermented Flavourings, Salt, Sugar, Egg (White, Dried), Starch, Amino Acids, Calcium Carbonate, Acidulant, Red Yeast Colouring Agent; May Contain Traces of Egg and Wheat)	
	Egg Soup	Eggs, Wakame Seaweed, Salt, Allergen-Free Consommé	
Dinner	Persimmon	Persimmon (Cut)	
	Cooked Rice	Rice	
	Pork Curry	Pork, Carrot, Onion, Potato, Vegetable Oil, Curry Roux (Wheat Flour, Pork Fat, Starch, Sugar, Curry Powder, Salt, Spices, Maltose, Onion Powder, Yeast Extract, Soy Sauce Powder, Tomato Powder, Kelp Extract, Glucose, Fermented Wheat Seasoning, Caramel Colouring Agent, Emulsifier, Acidulant, Iron Pyrophosphate)	
	Pickled Vegetables	Radish, Cucumber, Eggplant, Ginger, Sesame, Pickling Agents (Soy Sauce, Salt, Soy Protein Hydrolysate), Amino Acids, Acidulant, Sweetener (Stepia), Preservatives (Sorbitol), Flavouring Agents, Colouring Agents (Red 102, Yellow 4, Red 102, Yellow 5); May Contain Traces of Soy and Wheat)	
	Croquette (Minced Meat)	Vegetable Protein, Chicken, Onion, Powdered Vegetable Protein, Beef Fat, Bread Crumbs, Vegetable Oil and Fat, Starch, Flavourings, Spices, Salt, Sugar, Amino Acids, Beef Extract, Yeast Powder, Water, Wheat Flour, Powdered Syrup, Emulsifier, Powdered Fat, Thickener	
Corn Salad	Cabbage, Radish, Corn, Mayonnaise		
Grape Jelly	Grape Juice, Sugar (Fructose-Dextrose Syrup, Sucrose), Dextrin, Polysaccharide Thickener, Acidulant, Flavouring Agent, Sodium Iron Citrate, Water		

4th Day

Breakfast

Bread Roll (2)	Flour, Sugar, Margarine, Baker's Yeast, Skimmed Milk Powder, Egg, Salt, Fermented Flavoring, Vegetable Oil and Fat, Emulsifiers, Yeast, Antioxidants (Vitamin C); May Contain Traces of Dairy, Egg, Wheat, Beef and Soy
Weiner Sausage	Pork, Lard, Beef, Chicken, Salt, Sugar, Spices, Vegetable Protein Hydrolysate, Candy powder, Water, Casein Sodium, Sodium Phosphate, Amino Acids, Antioxidants (Vitamin C), Colouring Agent (Sodium Subacetate)
Boiled Cabbage	Cabbage
Ketchup & Mustard (Packet)	Ketchup: Tomato, Grape Syrup, Vinegar, Salt, Onion, Pineapple Juice, Spices, Xanthan Thickener, Starch, Antioxidants (Vitamin C) Mustard: Mustard, Vinegar, Vegetable Oil and Fat, Salt, Spices, Onion Extract, Garlic Paste, Xanthan Thickener, Starch, Spice Extract, Flavouring Agents; May Contain Traces of Soy
Jam & Margarine (Packet)	Jam: Sugar, Strawberry, Margarine: Vegetable Oil and Fat, Salt, Skimmed Milk Powder, Emulsifier
Tunafish Salad	Lettuce, Cucumber, Cherry Tomato, Tuna Flakes (Yellowfin Tuna, Soybean Oil, Salt, Vegetable Extract, Water)
Corn Pottage	Corn, Onion, Milk, Bacon (Pork Belly, Syrup (Lactose, Sugar), Salt, Egg Protein, Milk Protein, Soy Protein, Casein Sodium, Phosphate Sodium, Soy Sauce, Polysaccharide Thickener, Amino Acids, Antioxidants (Vitamin C), Preservatives (Sorbitol), Colouring Agents (Lac, Gardenia), Spices) Colouring Agent (Sodium Nitrite), Corn Soup (Sweet Corn, Dextrin, Wheat Flour, Skimmed Milk Powder, Sugar, Starch, Salt, Edible Oils and Fats, Cheese, Yeast Extract, Spices, Amino Acids, Guar Gum Thickener; May Include Traces of Dairy, Eggs, Wheat, Soy, Pork, and Beef
Rice Balls(Kelp)	100% Koshihikari Rice, Produced in Nagano Prefecture
	Salted Kelp: Kelp, Reduced Syrup, Salt, Vinegar, Yeast Extract, Cooking Wine, Acidulant, Colouring Agent (Vegetable B1)
	Dried Nori Seaweed Sheets (Laver, Vegetable Protein Hydrolysate)
Rice Balls(Salmon)	100% Koshihikari Rice, Produced in Nagano Prefecture
	Salmon Flakes: Autumn Salmon, Corn Salad Oil, Fermented Rice Seasoning, Salt, Amino Acids, Antioxidants (Vitamin C), Niacin, Colouring Agents (Red Yeast, Paprika Pigment)
	Dried Nori Seaweed Sheets (Laver, Vegetable Protein Hydrolysate)
Chinese-Style Potatoes	Sweet Potato, Vegetable Oil and Fat, Glucose; May Contain Traces of Soy
Fried Chicken	Chicken, Potato Starch, Wheat Flour, Paprika, Egg, Soy Sauce, Salt, Garlic, Ginger, Chicken Extract, White Pepper, Sodium Polyphosphate, Soybean Oil, Amino Acids; May Include Traces of Wheat
Omelette (Meat)	Pork, Chicken, Egg (Chicken), Rapeseed oil, Corn oil, Sweet Cooking Wine, Soy Sauce, Salt, Starch, Sweetener (Sorbitol), Acidulant, Amino Acids, Xanthan Thickener, Carotenoid Colouring Agent
Pork Steamed Dumpling	Pork, Chicken, Onion, Ginger, Sugar, Soy Sauce, Sesame Oil, Egg White, Bread Crumbs, Starch, Powdered Vegetable Protein, Lard, Old Wine, Granulated Vegetable Protein, Scallop Extract, Oyster Sauce, Chicken Stock, Pepper, Wheat flour, Starch, Soybean Oil, Reduced Syrup, Amino Acids, Preservatives (Sorbitol)
Broccoli	Frozen Broccoli
Macaroni Salad	Macaroni, Carrot, Onion, Sugar, Salt, Vinegar, Spices, Amino Acids, Polysaccharides Thickener, Enzymes; May Include Traces of Egg, Dairy Product, Wheat, Soy
Deep-Fried Horse Mackerel	Frozen Horse Mackerel, Cornstarch, Soybean Oil, Salt, Egg White Powder, Baking Powder, Fish (Threadfin Bream, Lizardfish), Starch, Wheat, Soybean Oil, Soy Protein, Salt, Sugar, Glucose, Sweet Cooking Wine, Baking Soda, Amino Acids, Calcium Chloride, Powdered Seaweed, Wheat Flour, Egg (Yolk) Powder, Salt, Vegetable Oil, Emulsifier, Casein Sodium, Colouring Agent (Vegetable B2); May Contain Traces of Dairy, Soy
Oyster Sauce	Oyster Extract, Sugar, Soy Sauce, Yeast Extract, Salt, Protein Hydrolysate, Bonito Fish Sauce, Guchi Extract Seasoning, Vegetable Oil and Fat, Chicken Oil, Amino Acids, Cooking Wine, Xanthan Thickener, Syrup, Fermented Rice Seasoning, Dextrin, Caramel Colouring Agent, Flavouring Agents; May Include Traces of Wheat, Soy, and Gelatin
Ketchup	Tomato, Sugar, Soy Sauce, Yeast Extract, Salt, Protein Hydrolysate, Vegetable Oil and Fat, Chicken Oil, Amino Acids, Reduced Cooking Wine, Starch, Xanthan Thickener, Syrup, Fermented Rice Seasoning, Dextrin, Caramel Colouring Agent, Flavouring Agents; May Contain Traces of Soybeans, Gelatin
Soy Sauce Packet	Soybean, Sugar, Salt, Protein Hydrolysate, Bonito Fish Sauce, Yeast Extract, Guchi Extract Seasoning, Vegetable Oil and Fat) Chicken Oil, Amino Acids, Sake Spirit, Starch, Xanthan Thickener, Reduced Syrup, Dextrin, Caramel Colouring Agent, Flavouring Agents; May Include Traces of Wheat, Soy, and Gelatin
Green Tea (*500ml PET Bottle)	Green Tea, Vitamin C

Lunch (Bento)

List of Seasonings*

Sugar	Raw Sugar
Vegetable oil	Rapeseed Oil, Soybean Oil
salt	Sun-Dried Salt, Magnesium Carbonate
Soy sauce	Non-Fat Processed Soybeans, Salt, Wheat, Soybeans, Cooking Wine
Vinegar	Grains (Wheat, Rice, Corn), Cooking Wine, Salt
Noodle Dipping Sauce	Soy Sauce (Including Wheat, Soy), Fructose Dextrose Syrup, Salt, Sugar, Dried Bonito Flakes (Coarsely Crushed), Hydrolyzed Seafood Protein, Kelp Extract, Cooking Wine, Amino Acids, Acidulant
Sweet Cooking Wine (Mirin)	Sugar Syrup, Rice and Rice Malt, Protein Hydrolysate, Salt, Cooking Wine
Cooking Wine (Sake)	Rice and Rice Malt, Syrup, Salt, Amino Acids, Acidulant
Sesame Oil	Sesame Oil, Soybean oil
Chunou Sauce	Apple, Tomato, Onion, Sugar (Grape Syrup, Raw), Vinegar, Salt, Starch, Amino Acids, Spices, Caramel Colouring Agents; May Contain Traces of Soy, Apple
Worcestershire sauce	Sugar (Raw, Grape Syrup), Vinegar, Salt, Tomato, Onion, Apple, Amino Acids, Spices, Caramel Colouring Agents; May Contain Traces of Soy, Apple
Mayonnaise	Vegetable Oil and Fat (Manufactured in Japan), Vinegar, Egg, Salt, Sugar, Spices, Amino Acids; May Contain Traces of Soy, Egg, Apple
Miso Paste	Soybeans, Rice, Salt, Cooking Wine
Ketchup	Tomato, Grape Syrup, Vinegar, Salt, Onion, Spices
Granulated Soup Stock	Salt, Sugar, Flavouring Ingredients (Dried Bonito Powder, Bonito Extract), Amino Acids
Chinese Soup Stock	Salt, Dextrin, Pork Extract Powder, Sugar, Chicken Extract Powder, Ginger Powder, Seasoned Animal Fat, Onion Powder, Chicken Powder, Pepper, Garlic Powder, Fermented Yeast Extract Powder, Amino Acids, Phosphates; May Contain Traces of Soy, Chicken, and Pork
Chicken Soup	Salt, Dextrin, Chicken Extract Powder, Chicken Fat, Onion Extract Powder, Chicken Powder, Cabbage Extract Powder, Pepper, Carrot Extract Powder, Fermented Yeast Extract Powder, Amino Acids, Acidulant; May Contain Traces of Chicken
Allergen-Free Consommé	Salt, Dextrin, Maltose, Chicken Consommé Powder, Sugar, Yeast Extract Powder, Protein Hydrolysate, Chicken Extract Powder, Chicken Fat, Sugar, Fish Sauce Powder, Spices, Tomato Powder, Onion Extract Powder, Lactic Acid, Fermented Tomato Extract Powder, Spice Extract, Acidulant
Grated Ginger	Ginger, Salt, Acidulant, Vitamin B1, Cooking Wine, Flavouring Agent
Yakiniku Sauce	Soy Sauce, Amino Acids, Sugar, Apple, Fermented Rice Seasoning, Apple Cider Vinegar, Sesame Oil, Garlic, White Sesame Seeds, Spices, Salt, Caramel Colour, Water; May Contain Traces of Wheat, Sesame, Soy, and Apple
Ponzu Sauce	Soy Sauce, Vinegar, Sugar (Raw and Fructose Glucose Syrup), Protein Hydrolysate, Yuzu Juice, Salt, Fermented Seasoning, Lemon Juice, Shiitake Mushroom Extract, Shaved Bonito and Mackerel, Kelp Extract, Dried Sardines, Amino Acids, Caramel Colouring Agents, Acidulant, May Contain Traces of Fish, Wheat, and Soy
Green Shiso (Perilla) Dressing	Vinegar, Fructose-Glucose Syrup, Soy Sauce, Salt, Seasoned Plum Paste, Scallop Extract, Bonito Flakes Extract, Dried Green Perilla, Amino Acids, Xanthan Thickener, Flavouring Agents, Sweetener (Sucralose), May Contain Traces of Wheat and Soy
French Dressing	Vegetable oil, Sugar (Sucrose and Grape Extract Fructose), Vinegar, Salt, Spices, Lemon Juice Powder, Egg (Yolk), Xanthan Gum Thickener & Flavouring Agent, Amino Acids, Spice Extract; May Contain Traces of Egg

*Dependent on the Camp Menu, some of the above seasonings have not been used as ingredients