

2024 Labo Winter Camp (Kannabe)

December 26th - 29th Camp Menu

	Dec. 26 (TUE)	Dec. 27 (WED)	Dec. 28 (THU)	Dec. 29 (FRI)
Breakfast		Japanese-Style Meal Meatballs Whitefish Fry Salad Ham Orange "Hijiki" (Seaweed Salad) Rice Seasoning Miso Soup Yogurt	Japanese-Style Meal Grilled Mackerel Fried Rolled Egg Salad Ham Banana "Kinpira" (Burdock Root Mix) Leafy Greens "Nori" (Seasoned Seaweed) Miso Soup Yogurt	Western-Style Meal Butter Roll Jam & Margarine (Packet) Wiener Sausage Scrambled Eggs Cabbage Tuna Salad Corn Soup Orange Juice
Lunch		Bento: Onigiri Rice Balls Rice Ball (Seaweed & Salted Plum) Fried Chicken Wiener Sausage Boiled Egg Broccoli One-Bite Jelly	Beef Bowl Beef Bowl Salad Clear Broth Probiotic Yogurt Drink	Bento: Takikomi Specialty Rice Takikomi Rice Fried Rolled Egg Wiener Mini-Hamburger Steak Broccoli One-Bite Jelly
Dinner	Set Meal: Hamburger Steak Hamburger Steak Salad (Cabbage, Tomato, Broccoli, Orange) Ham French Fries Spaghetti Consommé Soup Jelly	Set Meal: Breaded Pork Cutlet Breaded Pork Cutlet Salad (Cabbage, Tomato, Broccoli, Orange) Ham Potato Salad Spaghetti Kenchin Soup (Tofu & Veggie Chowder) Pudding	Croquette Curry Curry Rice Pickled Vegetables Croquette Coleslaw Apple	

2023 Kannabe Winter Camp Ingredients List

1st Day Dinner: Hamburger Steak Set Meal

Hamburger Steak	Beef	Pork	Chicken	Onion
	Ginger	Garlic	Sautéed Onion	Lactic Protein
	Dehydrated Egg Whites	Starch	Additives Made Mainly From Milk or Dairy	
	Pork Fat	Beef Fat	Glace de Viande	Salt
	Dietary Fibre	Spirits	Binding Agent (Breadcrumbs, Dairy, Wheat, Soy)	
	Spices	Vegetable Oil	Trehalose	Processed Starch
	PH Adjuster	Amino Acids (Seasoning)	Caramel Pigment	Xanthan Gum Thickener
	Potassium Sodium Phosphate			
Vegetable Salad	Cabbage	Tomato	Broccoli	Orange
Ham	Pork Loin	Cochineal Dye	Reduced Sugar Syrup	Soy Protein
	Egg Protein	Salt	Lactic Protein	Protein Hydrolysate
	Phosphates	Amino Acids (Seasoning)	Vitamin C	Milt Protein (Salmon)
	Calcium Lactate			
French Fries	Potato	Palm Oil	Glucose (Contains Traces of Wheat Flour)	
	Sodium Pyrophosphate			
Spaghetti	Strong Flour	Semolina Flour		
Jelly (Grape or Orange)	Grape Syrup	Juice (Grape, Apple)	Salt	Gelling Agent
	Xanthan Gum Thickener	Acidulant	Colouring Agents (Anthocyanin, Gardenia)	
	Fragrance	Mixed Citrus Juice (Orange, Mandarin)		Carotene Pigments
Consommé Soup	Onion	Seaweed	Carrot	Amino Acids (Seasoning)
	Salt	Vegetable Powder	Beef Extract Powder	Caramel Pigment
	Lactose	Vegetable Oil & Fat	Yeast Extract Powder	Powdered Soy Sauce
	Chicken Extract Powder	Spices	(May Contain Traces of Wheat, Soy, Dairy, Beef, and Chicken)	
Worcestershire Sauce	Sugar (Raw, Syrup)		Brewed Vinegar	Vegetables
	Onion	Tomato	Apple	Salt
	Amino Acids (Seasoning)	Spices	Soy Sauce (Wheat, Soy)	Caramel Pigment
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract
Ketchup	Tomato	Sugar	Grape Syrup	Salt
	Onion	Spices	Brewed Vinegar	

2nd Day Breakfast: Japanese-Style Set Meal ①

Meatball	Chicken	Binding Agent (Starch, Powdered Vegetable Protein, Bread Crumbs)		Onion
	Pork Fat	Powdered Vegetable Protein	Sugar	Salt
	Sodium Phosphate	Amino Acids (Seasoning)	Colouring Agent (Red Yeast, Lac, Carotenoids)	
	Fragrance	Worcestershire Sauce (Grape Syrup, Starch Syrup, Sugar)		Soy Sauce
	Brewed Vinegar	Chicken Extract	Sesame Oil	Spices
	Processed Starch Thickener	Colouring Agent (Caramel, Turmeric)		Acidulant
	Canola Frying Oil	(May Contain Traces of Dairy, Wheat, Pork, Chicken, and Soy)		
Whitefish Fry	Fish (Blue Whiting)	Breading (Bread Crumbs, Wheat Starch, Wheat Flour, Salt, Black Pepper)		
	Amino Acids (Seasoning)	(May Contain Traces of Wheat, Soy)		
Vegetables	Cabbage			
Ham	Pork Loin	Cochineal Dye	Reduced Sugar Syrup	Soy Protein
	Egg Protein	Salt	Lactic Protein	Protein Hydrolysate
	Phosphates	Amino Acids (Seasoning)	Vitamin C	Milt Protein (Salmon)
	Calcium Lactate			
Fruit	Orange			
Hijiki Stew	Hijiki Seaweed	Soy	Dextrose	Carrot
	Starch Syrup	Soy Sauce (Wheat, Soy)	Salt	Bonito Extract
	Amino Acids (Seasoning)	Thickener (Processed Starch, Xanthan Gum)		Sweetener (Sucralose, Acesulfame-K)
Rice Seasoning: (Bonito Flakes)	Powdered Seasoning (Salt, Sugar)	Flakes (Wheat Flour, Starch, Salt, Sugar, Vegetable Oil & Fats)		
	Seasoned Bonito Shavings	Sesame	Laver (Dried Seaweed)	(May Contain Traces of Wheat, Sesame, and Soy)
Rice Seasoning: (Egg)	Powdered Seasoning (Salt, Sugar, Malt Sugar, Wheat Flour, Powdered Green Tea)			
	Flakes (Wheat Flour, Starch, Salt, Sugar, Vegetable Oil & Fats)			
	Grated Egg & Fish Mix (Sugar Syrup)	Sesame	Laver (Dried Seaweed)	(May Contain Traces of Egg, Wheat, Sesame, and Soy)
Yogurt	Dairy	Sugar	Milk Protein	Coconut Oil
	Gelatin	Sweetener (Sucralose)		
Miso Soup (Tofu, Leek)	Soy	Rice	Salt	Bonito Extract
	Kelp Extract	Cooking Wine	Amino Acids (Seasoning)	Sweetener (Dextrose, Sugar)
	Whole Soy	Coagulant	Calcium Sulfate (Coagulant)	Magnesium Chloride
	Defoaming Agent	Baking Soda	Vegetable Oil & Fat	Leek
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract
Worcestershire Sauce	Sugar (Raw, Syrup)		Brewed Vinegar	Vegetables
	Onion	Tomato	Apple	Salt
	Amino Acids (Seasoning)	Spices	Soy Sauce (Wheat, Soy)	Caramel Pigment

2nd Day Lunch: Rice Ball Bento

Rice Ball (Seaweed)	Seaweed	Salt	Sugar	Starch Syrup
	Amino Acids (Seasoning)			
Rice Ball (Salted Plum Seasoning)	Green Perilla	Salt	Dextrose	Salted Plum Juice
	Amino Acids (Seasoning)	Acidulant		
Fried Chicken	Chicken	Soy Sauce	Powdered Vegetable Protein	白ワイン
	Ginger	Salt	Sugar	Starch
	Garlic	Black Pepper	Wheat Flour	Rice Flour
	Dextrose	Soy Frying Oil	Processed Starch	Sodium Phosphate
	Amino Acids (Seasoning)	Baking Powder	(May Contain Traces of Wheat, Soy, and Chicken)	
Wiener Sausage	Pork	Pork Fat	Starch Syrup	Salt
	Binding Agents (Soy Protein, Egg Protein)		Reduced Sugar Syrup	Protein Hydrolysate
	Spices	Pork Extract	Sodium Casein (Derived from Milk)	Amino Acids (Seasoning)
	Sodium Phosphate	Vitamin C	PH Adjuster	Colouring Agent
	Sodium Sulfate			
Boiled Egg	Egg	Salt		
Vegetables	Broccoli			
One-Bite Jelly (Apple, Grape, Orange, Peach, Pineapple)	Grape Syrup	Sugar	Salt	Acidulant
	Gelling Agent (Xanthan Gum Thickener)		Fragrance	Sweetener (Sorbitol)
	Concentrated Fruit Juice			

2nd Day Dinner: Breaded Pork Cutlet Set Meal

Breaded Pork Cutlet	Pork (USA)	Powdered Vegetable Protein	Hydrolyzed Starch	Egg Whites
	Salt	Breading (Bread Crumbs, Starch, Salt, Spices, Wheat Flour, Egg White Flour, Vegetable Oil & Fats, Soy Flour)		
	Processed Starch	Sodium Phosphate	Amino Acids (Seasoning)	Calcium
	Enzymes	Sweetener (Sucralose)	(May Contain Traces of Wheat, Egg, Milk, Soy, Pork)	
Vegetable Salad	Cabbage	Tomato	Broccoli	Orange
Ham	Pork Loin	Cochineal Dye	Reduced Sugar Syrup	Soy Protein
	Egg Protein	Salt	Lactic Protein	Protein Hydrolysate
	Phosphates	Amino Acids (Seasoning)	Vitamin C	Milt Protein (Salmon)
	Calcium Lactate			
Potato Salad	Potato	Onion	Carrot	Emulsified Dressing
	Vegetable Oil & Fat	Sugar	Egg	Milk
	Chicken	Amino Acids (Seasoning)	Xanthan Gum Thickener	Soy
	Spice Extract	Carotene Pigments		
Spaghetti	Strong Flour	Semolina Flour		
Pudding	Sweetener (Grape Syrup (Manufactured in Japan), Dextrose, Starch Syrup)		Dairy	Vegetable Oil & Fat
	Starch	Gelatin	Agar-Agar	Gelling Agent(Xanthan Gum Thickener
	Emulsifier	Fragrance	Colouring Agent (Caramel, Carotenoids)	
	(May Contain Traces of Dairy, and Gelatin)			
"Kenchin" Soup (Tofu and Vegetable Chowder) Japanese-Style Soup Stock Stir-fry Chicken & Vegetables Tofu	White Radish	Carrot	Konjac	Burdock Root
	Taro Root	Soy Sauce	Sweet Cooking Wine	Salt
	Whole Soy	Coagulant	Calcium Sulfate (Coagulant)	Magnesium Chloride
	Defoaming Agent	Baking Soda	Vegetable Oil & Fat	Dried Sardine Flakes
	Salt	Sweetener (Dextrose, Sugar)	Shredded Bonito	Soup Stock (Bonito)
	Kelp Powder	Salt	Chicken Extract	Amino Acids (Seasoning)
	Reduced Sugar Syrup	Bonito Extract	Cooking Wine	Xanthan Gum Thickener
	Protein Hydrolysate (Soy, Pork)		Seafood Extract (Wheat, Horse Salmon)	
Worcestershire Sauce	Sugar (Raw, Syrup)		Brewed Vinegar	Vegetables
	Onion	Tomato	Apple	Salt
	Amino Acids (Seasoning)	Spices	Soy Sauce (Wheat, Soy)	Caramel Pigment
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract
Ketchup	Tomato	Sugar	Grape Syrup	Salt
	Onion	Spices	Brewed Vinegar	

3rd Day Breakfast: Japanese-Style Set Meal ②

Grilled Mackerel	Mackerel	Salt		
Rolled Egg	Egg (Beaten, Chicken)	Soy Milk	Corn Starch	Sugar
	Salt	Fermented Amino Acids (Seasoning)	Seasoning Liquid	Vegetable Oil & Fat
	Soy Sauce (Wheat, Soy)	Brewed Vinegar	Xanthan Gum Thickener	Amino Acids (Seasoning)
	PH Adjuster	Magnesium Chloride		Acidulant
	Wheat			
Vegetable Salad	Cabbage			
Ham	Pork Loin	Cochineal Dye	Reduced Sugar Syrup	Soy Protein
	Egg Protein	Salt	Lactic Protein	Protein Hydrolysate
	Phosphates	Amino Acids (Seasoning)	Vitamin C	Milt Protein (Salmon)
	Calcium Lactate			
Fruit	Banana			
“Kinpira” (Burdock Root Mix)	Burdock Root	Carrot	Soy Sauce (Wheat, Soy)	Sugar
	Bonito Extract	Sesame	Vegetable Oil (Soy)	Fermented Seasoning Liquid
	Chili Pepper (Capsium)	Agar-Agar	Amino Acids (Seasoning)	Calcium Lactate
	Vitamin C	Milt Protein (Salmon)		Acidulant
Leafy Greens	Leafy Greens	Shredded Bonito		
“Nori” (Seasoned Seaweed)	Laver (Dried Seaweed)	Soy Sauce (Wheat, Soy)	Sugar	Kelp
	Dried Shrimp	Bonito Stock	Sweet Cooking Wine	Salt
	Honey	Dextrin	Chili Pepper (Capsium)	Amino Acids (Seasoning)
	Sweetener (Acesulfame-K)			
Yogurt	Dairy	Sugar	Milk Protein	Coconut Oil
	Gelatin	Sweetener (Sucralose)		
Miso Soup (Seaweed, Rolled Fried Tofu)	Soy	Rice	Salt	Bonito Extract
	Kelp Extract	Cooking Wine	Amino Acids (Seasoning)	Sweetener (Dextrose, Sugar)
	Seaweed	Wheat Flour	Wheat Protein	Vitamin E
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract

3rd Day Lunch: Beef Bowl

Beef Bowl	Beef	Onion	Starch Noodles	Soy Sauce
	Sugar	Fermented Amino Acids (Seasoning)	Reduced Starch Syrup	Concentrated Apple Juice
	Brewed Vinegar	Meat Flavouring: Amino Acids (Seasoning)	Protein Hydrosylate	Bonito Extract Powder
	Onion Extract	Ginger Paste	Salt	Amino Acids (Seasoning)
	Processed Starch Thickener	Caramel Pigment	Baking Soda	(May Contain Traces of Wheat, Beef, Mackerel, Soy, Pork, Apple)
Clear Broth Tofu Rolled Fried Tofu	Soy Sauce (Wheat, Soy)	Salt	Amino Acids (Seasoning)	Sweetener (Dextrose, Sugar)
	Shredded Bonito Powder	Shredded Bonito Powder	Shredded Bonito Powder	Shredded Bonito Powder
	Whole Soy	Coagulant	Calcium Sulfate (Coagulant)	Magnesium Chloride
	Defoaming Agent	Baking Soda	Vegetable Oil & Fat	Vitamin E
	Wheat Flour	Wheat Protein		
Vegetable Salad	Cabbage	Sweet Corn (Corn, Salt)		
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrosylate	Apple	Spice Extract
Chlorella (Probiotic Yogurt Drink)	Dextrose	Dairy	Fragrance	Chlorella Extract

3rd Day Dinner: Croquette Curry

Curry Curry Powder Vegetables S & B Curry Roux	Rice	Beef	Potato	Carrot
	Onion	Oil (Palm, Onion)	Wheat Flour	Sugar
	Salt	Starch	Curry Flour	Potato Flakes
	Pork Powder	Chinese Cabbage Extract Powder	Sweet Potato Powder	Spices
	Paste (Soy Oil, Onion Oil, Onion, Pumpkin, Spinach, Carrot, Japanese Yam, Jew's Mallow)			
	Skimmed Soy	Roasted Cabbage Powder	Yeast Extract (Seasoning)	Amino Acids (Seasoning)
	Mirepoix Powder (Dextrin, Sugar, Salt, Onion Extract, Sautéed Onion, Carrot Extract, Celery)			
	Caramel Pigment	Acidulant	Emulsifier	(May Contain Traces of Wheat, Soy, Chicken, Pork, Japanese Yam)
Pickled Vegetables	White Radish	Cucumber	Ginger	Green Perilla
	Sesame	Eggplant	Lotus Root	Dextrose
	Sugar	Starch Syrup	Salt	Soy Sauce (Wheat, Soy)
	Sweetener (Sorbitol, Stevia)		Amino Acids (Seasoning)	Acidulant
	Carboxymethylcellulose Stabilizer	Colouring Agent (Red 102, Yellow 4)		
Croquette	Vegetables (Potato, Onion)		Sugar	Powdered Vegetable Protein
	Bread Crumbs	Beef	Salt	Spices
	Breading (Bread Crumbs, Wheat Flour, Starch, Vegetable Oil & Fats, Salt, Skimmed Soy Flour, Skimmed Flour, Milk, Powdered Egg (Yolk))			
	Processed Starch	Xanthan Gum Thickener	Amino Acids (Seasoning)	Carotene Pigment
	(May Contain Traces of Wheat, Egg, Milk, Beef, Soy)			
Coleslaw Ham Mayonnaise Seasoning Vinegar	Cabbage	Corn	Salt	Bonito Stock
	Pork Loin	Cochineal Dye	Reduced Sugar Syrup	Soy Protein
	Egg Protein	Egg	Lactic Protein	Protein Hydrolysate
	Phosphates	Amino Acids (Seasoning)	Vitamin C	Milt Protein (Salmon)
	Calcium Lactate	Vegetable Oil & Fat	Brewed Vinegar	Kelp Extract
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract
	Apple Vinegar	Brewed Vinegar	Grain Vinegar	Rice Vinegar
	Sweetener (Granulated Sugar, Galactooligosaccharides, Isomaltooligosaccharide)			(May Contain Traces of Wheat, Apple)
Fruit	Apple			

4th Day Breakfast: Western Style

Butter Roll	Wheat Flour	Sweetener	Flour Paste	Butter
	Egg	Bread Yeast	Vegetable Oil & Fats	Fat Spread
	Skimmed Powder Milk	Salt	Fermented Seasoning	Vegetable Protein
	Emulsifier	Processed Starch	Binder (Alginate, Xanthan)	
	Yeast	Fragrance	Colouring Agent (Red Yeast, Carotenoid)	
	Vitamin C			
Jam & Margarine (Packet)	Strawberry Jam	Margarine	Milk	Soy
Wiener Sausage	Pork	Pork Fat	Starch Syrup	Salt
	Binding Agents (Soy Protein, Egg Protein)		Reduced Sugar Syrup	Protein Hydrolysate
	Spices	Pork Extract	Sodium Casein (Derived from Milk)	Amino Acids (Seasoning)
	Sodium Phosphate	Vitamin C	PH Adjuster	Colouring Agent
	Sodium Sulfate			
Scrambled Eggs	Egg	Salt	Black Pepper	
Vegetable Salad	Cabbage			
Tuna Salad	Mung Bean Starch	Pea Starch	Potato Starch	Sodium Sulfate
	Bonito	Carrot	Salt	Black Pepper
	Cucumber			
Corn Soup	Sweet Corn	Vegetable Oil & Fats	Onion	Concentrated Whey
	Starch	Salt	Cheese	Lactic Protein
	Sugar	Lactose	Potato	Chicken Extract
	Creaming Powder	Whole Milk Powder	Corn Butter Powder	Yeast Extract
	Spices	Gelatin	Amino Acids (Seasoning)	Baking Powder
	(May Contain Traces of Wheat, Milk, Soy, Chicken)			
Orange Juice	Juice 100%			
Mayonnaise	Vegetable Oil & Fat	Brewed Vinegar	Egg	Salt
	Soy	Sugar	Starch Syrup	Amino Acids (Seasoning)
	Spices	Protein Hydrolysate	Apple	Spice Extract
Ketchup	Tomato	Sugar	Grape Syrup	Salt
	Onion	Spices	Brewed Vinegar	

4th Day Lunch: Takikomi Specialty Rice Bento

Seasoned Rice	Burdock Root	Soy Sauce (Wheat, Soy)	Vegetable Oil & Fats	Sweet Cooking Wine
	Bamboo Shoots	Konjac	Amino Acids (Seasoning)	Sardine Extract
	Carrot	Chicken	Bonito Extract	Persimmon Extract
	Dried Mushroom	Frying Oil	Salt	Sugar
	Amino Acids (Seasoning)	Chicken Extract	Kelp Extract	Protein Hydrosylate
	(May Contain Traces of Wheat, Soy, Chicken)			
Rolled Egg	Egg (Beaten, Chicken)	Soy Milk	Corn Starch	Sugar
	Salt	Fermented Amino Acids (Seasoning)	Seasoning Liquid	Vegetable Oil & Fat
	Soy Sauce (Wheat, Soy)	Brewed Vinegar	Xanthan Gum Thickener	Amino Acids (Seasoning)
	PH Adjuster	Magnesium Chloride		Acidulant
	Wheat			
Wiener Sausage	Pork	Pork Fat	Starch Syrup	Salt
	Binding Agents (Soy Protein, Egg Protein)		Reduced Sugar Syrup	Protein Hydrosylate
	Spices	Pork Extract	Sodium Casein (Derived from Milk)	Amino Acids (Seasoning)
	Sodium Phosphate	Vitamin C	PH Adjuster	Colouring Agent
	Sodium Sulfate			
Mini Hamburger Steak	Chicken	Beef Fat	Salt	Spices
	Onion	Soy Sauce (Wheat, Soy)	Vegetable Protein Powder	Dehydrated Egg Whites
	Vegetable Protein Powder	Sugar	Yeast Extract	Amino Acids (Seasoning)
	Bread Crumbs	Vegetable Oil	Amino Acids (Seasoning)	Processed Starch
	Caramel Pigment	Sodium Phosphate	Colouring Agent (Cocoa)	Guar Gum
	(May Contain Traces of Wheat, Milk, Soy, Egg, Pork, Chicken, Beef)			
Vegetables	Broccoli			
Jelly (Apple, Grape, Orange, Peach, Pineapple)	Grape Syrup	Sugar	Salt	Acidulant
	Gelling Agent (Xanthan Gum Thickener)		Fragrance	Sweetener (Sorbitol)
	Concentrated Fruit Juice			