

2023 Labo Nakatsue Winter Camp Menu

December 26 - 29

December 26th

Dinner

Rice
Hamburger Steak
(Demi-Glace Sauce)
Lettuce & Cabbage
Fried Whitefish
German Potatoes
Consommé Soup

December 27th

Breakfast

Rice
Miso Soup
Lettuce & Cabbage
Salmon
Hijiki Seaweed
Sausage
Egg Rice Seasoning

Lunch (Packed Lunch)

Fried Chicken
Rolled Egg
Spaghetti
Cut Weiner
Pickled Vegetables
Rice Balls (2 Types)
Banana

Dinner

Rice
Breaded Pork Cutlet
Worcestershire Sauce
Lettuce & Cabbage
Jumbo Meat Ball
Spinach and Bean Sprout Stir-Fry
Kelp Soup

December 28th

Breakfast

Rice
Miso Soup
Lettuce & Cabbage
Miso-Simmered Sardines
Thick-Cut Ham
Shredded Dried Radish
Sukiyaki Rice Seasoning

Lunch

Rice
Meat Spaghetti
Nanban Chicken
Lettuce & Cabbage
Pork Dumpling
Consommé Soup

Dinner

Rice
Curry
Lettuce & Cabbage
Breaded Croquette
Fried Chicken
Pickled Vegetables
(Soy Sauce)
Mandarin Jelly

December 29th

Breakfast

Rice, Bread Rolls
Corn Soup
Lettuce & Cabbage
Sausage
Teriyaki Chicken
Strawberry Jam

Lunch (Packed Lunch)

Rice
Mince Breaded Cutlet
Worcestershire Sauce
Cabbage
Meat Sauce Spaghetti
Potato Salad
Cut Weiner
Plum Rice Seasoning
One-Bite Jellies

Salad Dressings

Green Perilla Dressing "Shiso"
Sesame Dressing

2023 Labo Nakatsue Winter Camp: Food Allergies & Ingredients List

		Menu	Dairy	Egg	Wheat	Buckwheat	Peanuts	Shrimp	Crab	Other Ingredients	
1 st Day (Dec 26)	Dinner	Rice									
		Hamburger Steak	○	○	○					Poultry, Soy, Beef, Pork	
		Demi-Glace Sauce	○		○						Beef, Soy, Apple
		Cabbage, Lettuce									
		Whitefish Fry				○					Soy
		German Potatoes									Pork, Beef, Poultry, Soy
		Consommé Soup									Poultry, Soy, Pork
2 nd Day (Dec 27)	Breakfast	Rice									
		Miso Soup			○					Soy	
		Cabbage, Lettuce									
		Grilled Salmon									Salmon
		Hijiki Stew				○					Soy, Sesame, Mackerel, Salmon
		Sausage									Pork, Beef
		Egg Seasoning	○	○	○						Soy, Sesame, Poultry
	Lunch (Bento)	Fried Chicken				○					Poultry, Soy, Apple
		Rolled Egg	○	○	○						
		Spaghetti				○					
		Wiener Sausage									Pork, Poultry
		Pickled Vegetables				○					Soy
		Rice Ball (2 Types)									
		Banana									
	Dinner	Rice									
		Pork Cutlet	○	○	○						Pork, Soy,
		Worcestershire S.									Apple, Seafood
Cabbage, Lettuce											
Jumbo Meatball		○		○						Poultry, Pork, Soy	
Stir-Fry Spinach					○					Sesame, Poultry	
Kelp Soup					○					Soy	
3 rd Day (Dec 28)	Breakfast	Rice									
		Miso Soup			○					Soy	
		Cabbage, Lettuce									
		Miso Sardines									Soy
		Thick-Cut Ham									Poultry, Pork
		Shredded Radish				○					Soy, Mackerel, Salmon
		Sukiyaki Seasoning	○	○	○						Beef, Sesame, Soy, Poultry
	Lunch	Rice									
		Meat Spaghetti	○		○						Apple, Soy, Beef
		Nanban Chicken			○	○					Poultry, Soy
		Cabbage, Lettuce									
		Pork Dumpling	○	○	○						Sesame, Soy, Poultry, Pork
	Dinner	Consommé Soup									Poultry, Soy, Pork
		Rice									
		Curry	○		○						Beef, Soy, Poultry, Pork, Japanese Yam
		Cabbage, Lettuce									
		Breaded Croquette	○		○						Soy, Poultry
Fried Chicken					○					Poultry, Soy	
Pickled Vegetables					○					Soy	
4 th Day (Dec 29)	Breakfast	Bread, Rice									
		Corn Soup									
		Cabbage, Lettuce									
		Wiener Sausage									Pork, Beef
		Teriyaki Chicken				○					Poultry, Soy
		Strawberry Jam									
	Lunch (Bento)	Mince Cutlet				○					Soy, Poultry, Beef
		Cabbage									
		Meat Spaghetti	○		○						Apple, Soy, Beef
		Potato Salad	○	○	○						Soy
Dinner	Wiener Sausage									Pork, Poultry	
	One-Bite Jelly									Apple	
	Rice										
	Plum Seasoning										
	Worcestershire S.										
	Green Shiso				○					Soy	
Dressings	Sesame		○	○					Soy, Sesame		