

2025 Labo Kurohime LaboLand Summer Camp Menu














Kurohime LaboLand dishes are made using fresh local ingredients!

Mt. Kurohime Climbing Team's Breakfast
【Second Day】

- ◎Rice Balls
(Salmon, Kelp, Red Perilla)
- ◎Fried Chicken
- ◎Salted Cucumber
- ◎Baby Cheese
- ◎Fish Sausage
- ◎Banana
- ◎Sports Drink

1st Day's Dinner

- ◎Rice
- ◎Teriyaki Chicken 
- ◎Pot-au-Feu
Pork Sausage, Onion, Potato, Carrot, Parsley, Allergy-Free Consommé
- ◎Salad
Lettuce, Cucumber, Tuna, Cherry Tomato
- ◎French Fries
- ◎Yogurt

	Breakfast	Lunch	Dinner
2nd Day	<ul style="list-style-type: none"> ◎Rice  ◎Miso Soup Daikon Radish, Shimeji Mushroom, Deep-Fried Tofu ◎Grilled Salmon ◎Sautéed Vegetables Cabbage, Carrot, Green Pepper, Onion ◎Steamed Dumplings Pork ◎Shredded Dried Radish ◎Seasoned Seaweed 	<p>★Packed Lunch★</p> <ul style="list-style-type: none"> ◎Yakisoba Bread Roll ◎Teriyaki Hamburger ◎Banana◎Sports Drink 	 <ul style="list-style-type: none"> ◎Rice ◎Miso Soup Deep-Fried Tofu, Spinach ◎Hamburger Steak ◎Seaweed Salad Seaweed, Lettuce, Cucumber, Cherry Tomato ◎Pork Shabu Stewed Pork, Bean Sprout ◎Probiotic Drink
3rd Day	<ul style="list-style-type: none"> ◎Rice  ◎Miso soup Tofu, Kelp, Leek ◎Grilled Mackerel Fish, Miso Sauce ◎Sausage Sauté Pork Sausage, Green Pepper, Cabbage ◎Japanese Rolled Egg ◎Potato Salad ◎Yogurt 	<ul style="list-style-type: none"> ◎Beef Bowl Rice, Sliced Beef, Onion, Shirataki Noodles, Shimeji Mushroom, Red Ginger  ◎Labo Soup Pork, Daikon Radish, Carrot, Burdock Root, Leek, Konjac, Potato ◎Soaked Chinese Cabbage 	<ul style="list-style-type: none"> ◎Rice  ◎Pork Curry Sliced Pork, Potato, Carrot ◎Pickled Veggies ◎Deep-Fried Croquette Bread Crumbs, Potato ◎Corn Mayo Salad
4th Day	<ul style="list-style-type: none"> ◎Hot Dog Buns (2) Pork Weiner(1), Boiled Cabbage, Ketchup&Mustard, Jam&Margarine  ◎Tuna Salad Tuna, Lettuce, Cucumber, Cherry Tomato ◎Japanese Corn Soup Corn, Onion, Bacon 	<p>★Packed Lunch★</p> <ul style="list-style-type: none">  ◎Rice Balls (Kelp, Salmon) ◎Chinese Potatoes ◎Fried Chicken  ◎Meat Omelet  ◎Pork Dumplings ◎Broccoli ◎Macaroni Salad ◎Fried Horse Mackerel ◎Green Tea (500ml PET Bottle) 	<p>【Sauces】</p> <ul style="list-style-type: none"> ◎Dressings French & Green Perilla ◎Soy Sauce ◎Worcestershire Sause <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Keep us in the lodge fridge when not in use. Return sauces to HQ on the 4th day!</p> </div> 

★★★Distribution of Sodium Tablets ”塩分チャージタブレット”★★★

Due to the summer heat, Labo Camp may distribute sodium tablets during outdoor activities, etc. Please consult the ingredients list below if you have a food allergy.

Ingredients:Glucose (Manufactured in Japan), Grape Dextrose, Starch Syrup, Salt, Lactose/Sodium Citrate, Citric Acid, Emulsifiers, Potassium Chloride, Sodium Fumarate, Flavoring & Coloring Agents (Vitamin B₂)