2018滿州夏令營餐點表

Manzhou Summer Camp Menu

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|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Date /  Time | 7/8  Sunday | 7/9  Monday | 7/10  Tuesday | 7/11  Wednesday | 7/12  Thursday |
| 7:30  Breakfast |  | Club Sandwiches俱樂部三明治  Corn flakes with milk營養穀片 | Chinese congee  中式清粥小菜 | Club Sandwiches俱樂部三明治  Corn flakes with milk營養穀片 | Chinese congee  中式清粥小菜 |
| 12:00  Lunch | Purple rice ball  養生紫米飯糰 | Roman salad with orange and passion fruit dressing.  鮮橙蘿蔓生菜沙拉  Cream of chicken penny pasta  奶油嫩雞義大利斜管麵  Minestrone soup  義大利蔬菜湯  Fresh fruits時令水果 | Potato salad with German sausage德式香腸洋芋沙拉  Spaghetti with meat sauce  義大利肉醬麵  Cream of sweet corn soup  奶油玉米火腿濃湯  Fresh fruits時令水果 | Garden green salad with Italian dressing  田園沙拉佐義式油醋醬  Chicken burritos墨西哥雞肉捲  Yogurt with lemonade  鮮檸檬多多  Fresh fruits時令水果 | Japanese cold noodles with sesame dressing.  芝麻和風涼麵  Fresh fruits時令水果 |
| 18:00  Dinner | Chicken curry rice with Japanese style  日式咖哩雞肉飯  Boiled broccolis  水煮青花菜  Miso soup with Tofu and fish  味噌豆腐鱸魚湯  Fresh fruit時令水果 | Traditional stew pork rice  鄉村牌滷肉飯  Seasonal vegetables  水煮時蔬  Mushroom soup with chicken consommé 養生菇菇雞湯  Fresh fruits時令水果 | 南非烤肉BBQ  Barbecue  Fresh fruits時令水果 | Japanese pork rice with onion sauce日式壽喜燒豬肉丼飯  Seasonal vegetables  水煮時蔬  Fish balls soup  福州魚丸湯  Waffle with strawberry jam  草莓鬆餅塔  Fresh fruits時令水果 |  |