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 | 7/8Sunday | 7/9Monday | 7/10Tuesday | 7/11Wednesday | 7/12Thursday |
| 7:30Breakfast |  | 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 |
| 12:00Lunch | 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 |
| 18:00Dinner | 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BBQBarbecue 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 |  |