

**星海 STEAM 之旅餐單**  
**Marine & Stellar STEAM Camp Menu**

	餐單 Menu	常見致敏源 Common Allergens
<b>第一天 晚餐</b>  <b>Day 1 Dinner</b>	<b>A 餐 Set A</b> 泰式雞寶、蝦餅及素菜春卷 Thai Chicken Nugget, Shrimp Cake and Spring Rolls with Vegetables 菠蘿海鮮炒飯 Pineapple Seafood Fried Rice 健康蔬菜 Poached Seasonal Vegetables	<b>A 餐 Set A</b> 甲殼類動物、魚類、麩質、蛋、花生、大豆及果仁 Crustaceans, Fish, Gluten, Eggs, Peanuts, Soya & Nuts
	<b>B 餐 Set B*</b> 素炸魚柳及素菜春卷 Vegetarian Fish Fillet and Vegetable Spring Rolls 野菌素菜炒飯 Mushroom and Vegetable Fried Rice 健康蔬菜 Poached Seasonal Vegetables	<b>B 餐 Set B*</b> 麩質、蛋、花生、大豆及果仁 Gluten, Eggs, Peanuts, Soya & Nuts
	椰汁千層糕 Coconut Layer Cake	麩質及奶類製品 Gluten & Milk Products
	果汁 Juice	沒有 Nil

<p>第二天 早餐</p> <p>Day 2 Breakfast</p>	<p><b>A 餐 Set A</b> 潛艇火腿三文治 Ham Submarine Sandwich</p> <p>或 OR</p> <p><b>B 餐 Set B*</b> 潛艇蕃茄碎蛋三文治 Egg Mayo with Tomato Submarine Sandwich</p>	<p><b>A 餐 Set A</b> 麩質及奶類製品 Gluten &amp; Milk Products</p> <p><b>B 餐 Set B*</b> 奶類製品及蛋 Milk Products &amp; Egg</p>
	<p>橙汁 Orange Juice</p>	<p>沒有 Nil</p>
<p>第二天 午餐</p> <p>Day 2 Lunch</p>	<p><b>A 餐 Set A</b> 鮮魚湯米線 Rice Noodles in Fish Soup</p> <p>或 OR</p> <p><b>B 餐 Set B</b> 游水魚柳包 Crispy Fish Fillet Burger</p>	<p><b>A 餐 Set A</b> 魚類、魚類製品及甲殼類動物 Fish, Fish products and Crustaceans</p> <p><b>B 餐 Set B</b> 麩質、魚類、蛋類及奶類製品 Gluten, Fish, Eggs &amp; Milk Products</p>
	<p>蘋果汁 Apple juice</p>	<p>沒有 Nil</p>

<b>第二天</b> <b>晚餐</b> <b>Day 2 Dinner</b>	<p><b>A 餐 Set A</b></p> <p>美式蘑菇汁豬肉片配瑞士汁無激素雞中翼飯 American Style Mushroom sauce sliced Pork rice with Hormone-Free Chicken wings in Swiss Sauce</p> <p>或 OR</p> <p><b>B 餐 Set B*</b></p> <p>素菜腐皮卷配薑米素珍粒飯 Vegetarian Bean curd rolls with ginger grain rice</p>	<p><b>A 餐 Set A</b></p> <p>麩質及大豆 Gluten &amp; Soya</p> <p><b>B 餐 Set B*</b></p> <p>麩質及大豆 Gluten &amp; Soya</p>
	<p>果凍 Jelly</p>	<p>沒有 Nil</p>
	<p>水果 Fruit</p>	<p>沒有 Nil</p>
	<p>紙包飲品 Packed drink</p>	<p>沒有 Nil</p>
<b>第三天</b> <b>早餐</b> <b>Day 3 Breakfast</b>	<p><b>任食經典早餐</b></p> <p>各款中式及西式早餐</p> <p>All-you-can-eat Classic Breakfast Chinese and Western classic breakfast</p>	<p>麩質、蛋類、蛋類製品、花生、大豆及製品、奶類、奶類及木本堅果 Gluten, Eggs, Egg products, Peanuts, Soybeans and products, Milk, Milk Products &amp; Tree nuts</p>

\* 素食餐 Vegetarian Meal



**備註 Note :**

除以上已列明的致敏源外，其他食物均不含堅果及豆類，但處理以上食物的廚房同時會處理麩質、甲殼類動物、蛋類、魚類、花生、大豆、奶類及堅果的產品。

The food products do not contain nuts or beans (except those listed above) but they are produced in kitchen which processes gluten, crustacean, eggs, fished, peanuts, beans, milk products and nuts.

如參加者對任何物品敏感（不限於以上所列），必須於報名時在「參加者資料>參加者是否對任何食品 / 物件 / 動物過敏？」欄內列明。

If the participant is allergic to any substance (including any not listed here), please specify this clearly on the Applicant information form in response to the question: "Is participant allergic to certain foods/objects/animals?"

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