



Quantico Orienteering Club

Running and hiking the parks of the Mid-Atlantic region since 1967

ORIENTEERING TRAINING CAMP DINNER MENU

BROUGHT TO YOU BY QUANTICO ORIENTEERING CLUB

VOLUNTEERS: FLORENCE TAN, MARY SNIECKUS, SHIRLEY TAN, MRS TAN,
AND AN ARMY OF WILLING AND HUNGRY VOLUNTEERS

SATURDAY MAR 16, 2024

ORIENTEERING TRAINING CAMP DINNER MENU

STARTERS

- **Dumplings (Vegetarian)**
Freshly steamed dumplings filled with a medley of vegetables and aromatic spices.
- **Satay Chicken Skewers**
Succulent chicken thighs marinated in a blend of garlic, shallots, and lemongrass, served with a rich and nutty satay sauce.

DESSERTS

- **Brownies & Cookies**
Rich double chocolate brownies and an assortment of delectable cookies.
- **Vanilla Ice Cream**
Creamy vanilla ice cream, a delightful treat to cool off after a satisfying meal.

FRESH FRUIT PLATTER

- **Watermelon**
Refreshing slices of juicy watermelon, a palate-cleansing finale to your orienteering feast.

MAINS

- **Dhal Curry (Vegetarian)**
A comforting blend of red lentils, turmeric, and tomatoes, simmered to perfection with aromatic spices and finished with fresh coriander leaves.
- **Malaysian Chicken Curry**
Tender chicken thighs cooked with potatoes, tomatoes, and carrots in a fragrant coconut milk base infused with lemongrass and kaffir lime leaves.
- **Sayur Lodeh (Malaysian Vegetarian Curry)**
A hearty vegetable curry featuring carrots, fried tofu, potatoes, and a variety of vegetables cooked in a luscious coconut milk sauce with a symphony of spices.
- **Mixed Vegetables Stir Fry (Vegetarian)**
Crisp and colorful stir-fried vegetables including broccoli, cauliflower, carrots, and baby corn, seasoned with aromatic garlic and shallots.
- **Teriyaki Salmon**
Flaky salmon fillets glazed with a sweet and savory teriyaki sauce, delicately flavored with garlic.
- **Stir Fry Beans with Garlic (Vegetarian)**
Tender green beans stir-fried with fragrant shallots and garlic in a savory sauce.
- **Jasmine Rice (Vegetarian)**
Complement your meal with fluffy steamed Jasmine Rice.