



March Camp 2020 menu.

Note: A vegetarian menu option is available. Please contact us if your child has any dietary concerns at holidaycamps@cis.edu.sg.

16 to 20 March				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Blueberry muffin and choice of drink	Oatmeal cookie and choice of drink	Cheese, crackers, grapes and choice of drink	Chocolate croissant and choice of drink	Sliced apple or orange and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>
Lunch menu				
Chicken with garlic sauce, fried bee hoon with stir-fried kai lan, plus choice of drink	Chicken fajita wrap, corn chips and salsa, Mexican fried rice, plus choice of drink	Chicken rice with tofu, spring roll, sio pai chye, plus choice of drink	Beef spaghetti bolognese with parmesan cheese, broccoli and carrots, plus choice of drink	Fried fish and chips with green peas, plus choice of drink
Nutrition and dietary information: Energy (kcal): 405 Carbs (g):44.8 Protein (g):23.6 Fat (g):14.2 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 431 Carbs (g):44.7 Protein (g):19.1 Fat (g):19.9 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 439 Carbs (g):43.2 Protein (g):26.1 Fat (g): 20.3 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal):398 Carbs (g):35.8 Protein (g):24.3 Fat (g):17.7 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):427 Carbs (g):37.1 Protein (g):25.2 Fat (g):20 <i>Gluten, Egg & Dairy</i>