



March Camp menu 2024.

18 to 22 March 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Baked blueberry muffin or apple and choice of drink	Chicken mayonnaise sandwich or banana and choice of drink	Butter croissant, strawberry jam or honeydew melon and choice of drink	Cheese, crackers, grapes and choice of drink	Fruit Danish or apple 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>
Fried fish with tomato sauce, fried noodles & vegetables, plus choice of drink	Beef bolognese with penne pasta, grated cheese & broccoli, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Grilled beef burger, lettuce, tomato, cucumber, cheese & fries, plus choice of drink	Crispy chicken with pad thai noodles & sliced cucumber, plus choice of drink
Nutrition and dietary information: Energy (kcal):503.5 Carbs (g):53.6 Protein (g):18.1 Fat (g):24.0 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 488 Carbs (g):60.7 Protein (g):25.5 Fat (g):16.5 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):512.9 Carbs (g):37.6 Protein (g):27.3 Fat (g):28.5 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal):682 Carbs (g):68.1 Protein (g):38.4 Fat (g):23.5 <i>Gluten & Dairy & Egg</i>	Nutrition and dietary information: Energy (kcal): 418.5 Carbs (g):31.4 Protein (g):25.2 Fat (g):21.7 <i>Gluten, Egg & Dairy</i>

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