

# October Camp menu 2022.



10 to 14 October (Week 1)				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>				
Wholemeal banana bread or apple and choice of drink	Piece of cheese & tomato pizza or banana and choice of drink	Chocolate chip cookie or honeydew melon and choice of drink	Cheese, crackers, grapes and choice of drink	Chocolate croissant or apple and choice of drink
<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>
<b>Lunch menu</b>				
Chicken bolognese with fusilli pasta, carrots & grated cheese, plus choice of drink	Baked teriyaki chicken, egg fried rice with local greens, plus choice of drink	Fried fish and fries with carrots, plus choice of drink	Chicken rice, vegetable spring roll, bok choy with tofu, plus choice of drink	Beef lasagne with garlic bread & sweetcorn, plus choice of drink
<b>Nutrition and dietary information:</b> Energy (kcal): 467.2 Carbs (g):50.5 Protein (g):21.0 Fat (g):20.4  <i>Gluten, Egg &amp; Dairy</i>	<b>Nutrition and dietary information:</b> Energy (kcal): 574.4 Carbs (g):68.5 Protein (g):22.5 Fat (g):23.3  <i>Gluten, Egg &amp; Dairy</i>	<b>Nutrition and dietary information:</b> Energy (kcal): 484.1 Carbs (g):41.6 Protein (g):18.9 Fat (g): 26.1  <i>Gluten &amp; Egg</i>	<b>Nutrition and dietary information:</b> Energy (kcal):270.2 Carbs (g):40.6 Protein (g):11.9 Fat (g):6.6  <i>Gluten, Egg &amp; Dairy</i>	<b>Nutrition and dietary information:</b> Energy (kcal):617 Carbs (g):69.3 Protein (g):28.4 Fat (g):28.6  <i>Gluten, Egg &amp; Dairy</i>

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

# October Camp menu 2022.



## 17 to 21 October (Week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>				
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
<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>	<b>Dietary information:</b> <i>Gluten, Egg &amp; Dairy</i>
<b>Lunch menu</b>				
Fried fish with tomato sauce, fried noodles & vegetables, plus choice of drink	Beef spaghetti bolognese with grated cheese & broccoli, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Grilled chicken burger, lettuce, tomato, cucumber, cheese & fries, plus choice of drink	Crispy chicken with pineapple fried rice & sliced cucumber, plus choice of drink
<b>Nutrition and dietary information:</b> Energy (kcal):503.5 Carbs (g):53.6 Protein (g):18.1 Fat (g):24.0  <i>Gluten, Egg &amp; Dairy</i>	<b>Nutrition and dietary information:</b> Energy (kcal): 488 Carbs (g):60.7 Protein (g):25.5 Fat (g):16.5  <i>Gluten, Egg &amp; Dairy</i>	<b>Nutrition and dietary information:</b> Energy (kcal):512.9 Carbs (g):37.6 Protein (g):27.3 Fat (g):28.5  <i>Gluten &amp; Egg</i>	<b>Nutrition and dietary information:</b> Energy (kcal):682 Carbs (g):68.1 Protein (g):38.4 Fat (g):23.5  <i>Gluten &amp; Dairy &amp; Egg</i>	<b>Nutrition and dietary information:</b> Energy (kcal): 418.5 Carbs (g):31.4 Protein (g):25.2 Fat (g):21.7  <i>Gluten, Egg &amp; Dairy</i>

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