



October Camp 2019 menu.

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

7 to 11 October (Week 1)				
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>



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14 to 18 October (Week 2)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Granola bar and choice of drink	Watermelon or banana and choice of drink	Cheese, crackers, grapes and choice of drink	Apple danish and choice of drink	Banana muffin and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten & 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				
Homemade chicken ham, cheese and tomato pizza, sweet potato fries, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Pot roasted beef with gravy, French beans, carrots & mashed potatoes, plus choice of drink	Chicken Rendang with nasi biryani and sauteed vegetable, plus choice of drink	Beef lasagne with garlic bread and green peas, plus choice of drink
Nutrition and dietary information: Energy (kcal): 502 Carbs (g):60.1 Protein (g):17.1 Fat (g):21.1 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 387 Carbs (g):43.3 Protein (g):24.7 Fat (g):11.5 <i>Gluten&Egg</i>	Nutrition and dietary information: Energy (kcal):359 Carbs (g):35.2 Protein (g):24.9 Fat (g):12 <i>Gluten & Dairy</i>	Nutrition and dietary information: Energy (kcal): 412 Carbs (g):36.2 Protein (g):20.8 Fat (g):19.2 <i>Gluten, & Dairy</i>	Nutrition and dietary information: Energy (kcal):399 Carbs (g):37 Protein (g):21.1 Fat (g):18.9 <i>Gluten, Egg & Dairy</i>