



Summer Camp 2021 menu.

7 to 11 June (Week 1)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Butter Croissant and choice of drink	Cookies and choice of drink	Watermelon or banana and choice of drink	Cheese, Crackers, grapes and choice of drink	Chocolate Croissant 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				
Baked teriyaki chicken, egg fried rice with local greens, plus choice of drink	Chicken fajita wrap, corn chips and salsa, Mexican fried rice, plus choice of drink	Chicken rice, spring roll, bok choy with tofu, 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): 432 Carbs (g):71 Protein (g):16 Fat (g):9.4 <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 & Dairy</i>

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



Summer Camp 2021 menu.

14 to 18 June (Week 2)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Cheese, crackers, grapes and choice of drink	Granola bar and choice of drink	Baked blueberry muffin and choice of drink	Apple Danish and choice of drink	Cheese, crackers, grapes and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	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>
Lunch menu				
Beef lasagne with garlic bread and green peas, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Pot roasted beef with meat gravy, French beans, carrots & mashed potato, plus choice of drink	Pineapple fried rice with crispy chicken & sliced cucumber, plus choice of drink	Southern fried chicken burger, French fries & green peas, plus choice of drink
Nutrition and dietary information: Energy (kcal):399 Carbs (g):37 Protein (g):21.1 Fat (g):18.9 <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</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):472.8 Carbs (g):41 Protein (g):26.7 Fat (g):22.8 <i>Gluten & Dairy & Egg</i>	Nutrition and dietary information: Energy (kcal): 536.6 Carbs (g):72.7 Protein (g):17.2 Fat (g):19.5 <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.



Summer Camp 2021 menu.

21 to 25 June (Week 3)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Butter Croissant and choice of drink	Cookies and choice of drink	Watermelon or banana and choice of drink	Cheese, Crackers, grapes and choice of drink	Chocolate Croissant 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				
Baked teriyaki chicken, egg fried rice with local greens, plus choice of drink	Chicken fajita wrap, corn chips and salsa, Mexican fried rice, plus choice of drink	Chicken rice, spring roll, bok choy with tofu, 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): 432 Carbs (g):71 Protein (g):16 Fat (g):9.4 <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 & Dairy</i>

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Summer Camp 2021 menu.

28 June to 2 July (Week 4)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Cheese, crackers, grapes and choice of drink	Granola bar and choice of drink	Baked blueberry muffin and choice of drink	Apple Danish and choice of drink	Cheese, crackers, grapes and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	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>
Lunch menu				
Beef lasagne with garlic bread and green peas, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Pot roasted beef with meat gravy, French beans, carrots & mashed potato, plus choice of drink	Pineapple fried rice with crispy chicken & sliced cucumber, plus choice of drink	Southern fried chicken burger, French fries & green peas, plus choice of drink
Nutrition and dietary information: Energy (kcal):399 Carbs (g):37 Protein (g):21.1 Fat (g):18.9 <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</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):472.8 Carbs (g):41 Protein (g):26.7 Fat (g):22.8 <i>Gluten & Dairy & Egg</i>	Nutrition and dietary information: Energy (kcal): 536.6 Carbs (g):72.7 Protein (g):17.2 Fat (g):19.5 <i>Gluten, Egg & Dairy</i>

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Summer Camp 2021 menu.

5 to 9 July (Week 5)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Butter Croissant and choice of drink	Cookies and choice of drink	Watermelon or banana and choice of drink	Cheese, Crackers, grapes and choice of drink	Chocolate Croissant 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				
Baked teriyaki chicken, egg fried rice with local greens, plus choice of drink	Chicken fajita wrap, corn chips and salsa, Mexican fried rice, plus choice of drink	Chicken rice, spring roll, bok choy with tofu, 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): 432 Carbs (g):71 Protein (g):16 Fat (g):9.4 <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 & Dairy</i>

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Summer Camp 2021 menu.

12 to 16 July (Week 6)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Cheese, crackers, grapes and choice of drink	Granola bar and choice of drink	Baked blueberry muffin and choice of drink	Apple Danish and choice of drink	Cheese, crackers, grapes and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	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>
Lunch menu				
Beef lasagne with garlic bread and green peas, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Pot roasted beef with meat gravy, French beans, carrots & mashed potato, plus choice of drink	Pineapple fried rice with crispy chicken & sliced cucumber, plus choice of drink	Southern fried chicken burger, French fries & green peas, plus choice of drink
Nutrition and dietary information: Energy (kcal):399 Carbs (g):37 Protein (g):21.1 Fat (g):18.9 <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</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):472.8 Carbs (g):41 Protein (g):26.7 Fat (g):22.8 <i>Gluten & Dairy & Egg</i>	Nutrition and dietary information: Energy (kcal): 536.6 Carbs (g):72.7 Protein (g):17.2 Fat (g):19.5 <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.