April Camp menu 2026.

6 April to 10 April 2026				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Morning snack				
Baked blueberry muffin or apple and choice of drink	Wholemeal banana bread or apple 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
Dietary information: *Gluten, Egg & Dairy*	**Dietary information:** *Gluten, Egg & Dairy*	**Dietary information:** *Gluten, Egg & Dairy*	**Dietary information:** *Gluten, Egg & Dairy*	**Dietary information:** *Gluten, Egg & Dairy*
Lunch menu				
Chicken meatballs with fusilli pasta, tomato sauce, carrots & grated cheese, plus choice of drink	Fried fish with lemon sauce, garlic fried broccoli & cauliflower, steamed rice, plus choice of drink	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Egg noodles with vegetables, crispy fried chicken, fried egg, plus choice of drink	Chicken rice, vegetable spring roll, bok choy with tofu, plus choice of drink
Nutrition and dietary information: Energy (kcal): 474.7 Carbs (g):51.6 Protein (g):21.1 Fat (g):20.4 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal): 574.4 Carbs (g):68.5 Protein (g):22.5 Fat (g):23.3 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal): 343 Carbs (g):42.9 Protein (g):18.1 Fat (g): 10.8 *Gluten & Egg*	**Nutrition and dietary information:** Energy (kcal):479 Carbs (g):36.7 Protein (g):22.9 Fat (g):25.7 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal):682 Carbs (g):68.1 Protein (g):38.4 Fat (g):23.5 *Gluten, Egg & Dairy*

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