

April Camp menu 2025.



1st April to 4th April 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Public Holiday	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
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				
Public Holiday	Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Fried fish with lemon sauce, garlic fried broccoli & cauliflower, steamed rice, plus choice of drink	Egg noodles with vegetables, crispy fried chicken, fried egg, plus choice of drink	Chicken meatballs with fusilli pasta, tomato sauce, carrots & grated cheese, plus choice of drink
	Nutrition and dietary information: Energy (kcal): 574.4 Carbs (g):68.5 Protein (g):22.5 Fat (g):23.3 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 343 Carbs (g):42.9 Protein (g):18.1 Fat (g): 10.8 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal):479 Carbs (g):36.7 Protein (g):22.9 Fat (g):25.7 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):682 Carbs (g):68.1 Protein (g):38.4 Fat (g):23.5 <i>Gluten, Egg & Dairy</i>

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