

# March 2019 - Camp menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>				
Blueberry muffin	Oatmeal cookies	Cinnamon bun	Chocolate croissant	Homemade mini sausage roll
100% juice	100% juice	100% juice	100% juice	100% juice
<b>Lunch menu</b>				
Butter chicken with biryani rice, roti prata and kadai vegetable	Chicken fried rice with stir fried tofu, mushroom and spring roll	Beef lasagne with garlic bread and salad	Chicken fajita, corn chips, guacamole and sour cream	Grilled chicken burger, sweet potato fries and green salad
<i>Gluten &amp; dairy</i>	<i>Gluten, soy &amp; egg</i>	<i>Gluten &amp; dairy</i>	<i>Gluten &amp; dairy</i>	<i>Gluten &amp; dairy</i>
<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>	<b>Nutrition Facts:</b>
Energy (kcal): 580	Energy (kcal): 404	Energy (kcal): 355	Energy (kcal): 580	Calories (kcal): 405
Carbs (g): 69.1	Carbs (g): 38.5	Carbs (g): 30	Carbs (g): 69.1	Carbs (g): 49.9
Protein (g): 31.1	Protein (g): 16.4	Protein (g): 35	Protein (g): 30	Protein (g): 32.3
Fat (g): 19	Fat (g): 19.9	Fat (g): 10.5	Fat (g): 19	Fat (g): 8.8

Note: Vegetarian menu option is also available. Please contact us if your child has any dietary requirements at [holidaycamps@cis.edu.sg](mailto:holidaycamps@cis.edu.sg).