



KGV

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at SCHOOL

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at SCHOOL

MAKE YOUR  
**VOICE HEARD**

Every voice matters



GIVE YOUR  
**FEEDBACK TO US**



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SPEAK TO A STAFF MEMBER

sodexo

## MENU MECHANISM



All our meals are  
**Nuts Free**



All our eggs are  
**Cage Free**



Discover  
**Locally Made**  
products



Savor  
**Low Carbon**  
footprint  
produce



Ingredients  
good for  
**Planet & Health**



**GO & ENJOY**

**OK BUT THINK**

**BE CAUTIOUS**

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

### ALLERGEN ALERT & FOOD ICONS



*A Healthy and Balanced Diet Every Day!*

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at SCHOOL



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### DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.

While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

Aug 11 - 15

# WEEKLY MENU



11/08 Monday













12/08 Tuesday

13/08 Wednesday

14/08 Thursday

15/08 Friday

**SOCIAL KITCHEN | Monday: 11:00am - 1:30pm; Tuesday to Friday: 11:30am - 2:30pm**

<b>Meal A</b> \$41 Takeaway \$38 Dine-in			<b>Japanese-Style Pork Curry w/ Rice</b> 	<b>Chicken Fricassee w/ Spaghetti</b> 	<b>Grilled Chicken Steak in Gravy w/ Rice</b>
<b>Meal B</b> \$41 Takeaway \$38 Dine-in			<b>Stir-fried Chicken w/ Leek in Black Bean Sauce, Rice</b> 	<b>Tomato &amp; Beef Casserole w/ Rice</b> 	<b>Baked Fish Fillet in Tomato Concasse w/ Fusilli OR Rice</b>  
<b>Meal C</b> \$38 Takeaway \$35 Dine-in			<b>(V) Penne in Mushroom Cream Sauce</b>  	<b>(V) Braised Hairy Gourd w/ Assorted Mushroom, Rice</b>  	<b>(V) Stir-fried Korean Glass Noodle w/ Assorted Vegetable</b>  

**BOWL | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm**

<b>Bowl</b> \$41			<b>Stir-fried Flat Rice Noodle w/ Beef</b> 	<b>Stir-fried Shanghaiese Noodle w/ Pork</b>	<b>Taiwanese Braised Minced Pork w/ Boiled Egg, Rice</b> 
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**LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm**

<b>Salad Box</b> \$36			<b>Tuna Nicoise</b> 	<b>Mixed Kale Salad w/ Parma Ham</b>	<b>Thai Beef Salad in Sweet Chili Sauce</b>
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**PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm**

<b>Pizza A</b> \$30			<b>Ham &amp; Cheese</b> 	<b>Chicken &amp; Mushroom</b> 	<b>Pepperoni &amp; Cheese</b> 
<b>Pizza B (Vegetarian)</b> \$30			<b>(V) Trio Cheese</b>  	<b>(V) Margherita</b>  	<b>(V) Marinara</b>  



GO & ENJOY

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Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



Aug 11 - 15

# WEEKLY MENU



11/08 Monday				12/08 Tuesday			13/08 Wednesday			14/08 Thursday			15/08 Friday		
Nutrition Information (per 100g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)	Energy (kcal)	Protein (g)	Fat (g)
Meal A							Japanese-Style Pork Curry w/ Rice			Chicken Fricassee w/ Spaghetti			Grilled Chicken Steak in Gravy w/ Rice		
							152	10	8	164	8	9	175	9	5
Meal B							Stir-fried Chicken w/ Leek in Black Bean Sauce, Rice			Tomato & Beef Casserole w/ Rice			Baked Fish Fillet in Tomato Concasse w/ Fusilli OR Rice		
							129	9	5	190	12	9	144	11	4
Meal C							Stir-fried Flat Rice Noodle w/ Beef			(V) Braised Hairy Gourd w/ Assorted Mushroom, Rice			(V) Stir-fried Korean Glass Noodle w/ Assorted Vegetable		
							166	10	8	147	7	5	159	4	9
Bowl							Stir-fried Flat Rice Noodle w/ Beef			Stir-fried Shanghaiese Noodle w/ Pork			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice		
							156	9	5	193	9	12	142	7	7
Salad Box							Tuna Nicoise			Mixed Kale Salad w/ Parma Ham			Thai Beef Salad in Sweet Chili Sauce		
							109	6	6	185	8	13	110	5	5



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