



KGV

sodexo  
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!*

sodexo  
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.

Nov 3 - 7

## WEEKLY MENU



03/11 Monday

04/11 Tuesday

05/11 Wednesday

06/11 Thursday

07/11 Friday

SOCIAL KITCHEN | Monday: 10:30am - 1:30pm (Lunch: 11:30 - 1:30pm); Tuesday to Friday: 10:30am - 2:30pm (Lunch: 11:30am - 2:30pm)

<b>Meal A</b> \$41 Takeaway \$38 Dine-in	<b>Japanese Curry Chicken w/ Rice</b> 	<b>Grilled Chicken Steak in BBQ Sauce w/ Rice</b> 	<b>BBQ Pork w/ Rice</b>	<b>Chicken a-la-king w/ Rice</b> 	<b>Teriyaki Chicken Steak w/ Rice</b>
<b>Meal B</b>	<b>Classic Hot Dog [\$32]</b>	<b>Pizza Margherita / Pepperoni &amp; Cheese Pizza [\$30]</b>	<b>Trio Cheese Pizza / Chicken &amp; Mushroom Pizza [\$30]</b>	<b>Classic Hot Dog [\$32]</b> 	<b>Pizza Marinara / Bacon &amp; Cheese Pizza [\$30]</b>
<b>Meal C</b> \$38 Takeaway \$35 Dine-in	<b>(Vegan) Trio Tomato Sauce Pasta</b> 	<b>(V) Pumpkin Alfredo Pasta</b> 	<b>(V) Omni-Meat Bolognese Pasta</b> 	<b>(V) Stir-fried Egg Noodle w/ Assorted Vegetable</b> 	<b>(V) Porcini Mushroom Sauce Pasta</b> 

LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

<b>Salad Box</b> \$36	<b>Smoked Salmon Caesar</b> 	<b>Mixed Kale Salad w/ Parma Ham</b>	<b>Potato &amp; Chicken Salad in Thousand Island Dressing</b>	<b>(V) Japanese Cold U-don in Sesame Dressing</b> 	<b>Tuna Nicoise</b> 



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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



Nov 3 – 7

## WEEKLY MENU



03/11 Monday				04/11 Tuesday			05/11 Wednesday			06/11 Thursday			07/11 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 Curry Chicken w/ Rice			Grilled Chicken Steak in BBQ Sauce w/ Rice			BBQ Pork w/ Rice			Chicken a-la-king w/ Rice			Teriyaki Chicken Steak w/ Rice		
	165	6	8	175	9	5	135	9	3	176	12	16	156	7	4
Meal B	Classic Hot Dog			Pizza Margherita / Pepperoni & Cheese Pizza			Trio Cheese Pizza / Chicken & Mushroom Pizza			Classic Hot Dog			Pizza Marinara / Bacon & Cheese Pizza		
	255	10	9	218	7	12	264	12	11	255	10	9	195	6	7
Meal C	(Vegan) Trio Tomato Sauce Pasta			(V) Pumpkin Alfredo Pasta			(V) Omni-Meat Bolognese Pasta			(V) Stir-fried Egg Noodle w/ Assorted Vegetable			Porcini Mushroom Sauce Pasta		
	150	5	3	161	4	9	140	6	6	190	5	7	175	8	9
Salad Box	Smoked Salmon Caesar			Mixed Kale Salad w/ Parma Ham			Potato & Chicken Salad in Thousand Island Dressing			Japanese Cold U-don			Tuna Nicoise		
	171	9	12	185	8	13	175	10	13	165	10	5	109	6	6



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