



KGV

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at SCHOOL

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**“ MAKE YOUR VOICE HEARD ”**  
Every voice matters

**GIVE YOUR FEEDBACK TO US**



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## 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



ALLERGEN DAIRY



ALLERGEN EGG



VEGETARIAN



VEGAN



MILD SPICY

**A Healthy and Balanced Diet Every Day!**

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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 17 - 21

## WEEKLY MENU

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17/11 Monday

18/11 Tuesday

19/11 Wednesday

20/11 Thursday

21/11 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	Thai Green Curry Pork w/ Rice	Roasted Chicken Steak in Gravy w/ Rice	Lemongrass Pork Chop w/ Rice	Tori Karaage w/ Cross Trax Fries [\$47]	
<b>Meal B</b> \$41 Takeaway \$38 Dine-in	Stir-fried Beef & Assorted Mushroom w/ Rice	Pork Shogayaki w/ Rice	Tomato & Beef Casserole w/ Spaghetti OR Rice	Baked Fish Fillet in Tomato Concasse w/ Rice OR Farfalle	
<b>Meal C</b> \$38 Takeaway \$35 Dine-in	(V) Pumpkin Alfredo Penne	(Vegan) Mexican Mixed Bean Stew w/ Fusilli	(V) Truffle Mushroom Sauce Spaghetti	(V) Braised Assorted Organic Veggie in Red Fermented Beancurd w/ Rice	

BOWL | Monday to Friday: Break 10:55am - 11:15am/ Monday: Lunch 12:00nn - 1:15pm; Tuesday to Friday: Lunch 1:15pm - 2:15pm

<b>Bowl</b> \$41	Stir-fried U-don w/ Chicken	Dried Taiwanese Noodle w/ Beef Brisket	Japanese Red Miso Soup U-don w/ Chicken (Pre-order Available)	Taiwanese Braised Minced Pork w/ Boiled Egg, Rice	
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LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

<b>Salad Box</b> \$36	Smoked Salmon Caesar	(V) Japanese Cold U-don in Sesame Dressing	Mixed Kale Salad w/ Parma Ham	Tuna Nicoise	
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

<b>Pizza A</b> \$30	Ham & Cheese	Beef Bolognaise Pizza	Bacon & Cheese	Chicken & Mushroom	
<b>Pizza B</b> (Vegetarian) \$30	Marinara	Trio Cheese	Margherita	Marinara	



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Allergens and descriptive icons are displayed on our daily menu,  
helping students to make informed dietary choicesFrom cage-free eggs to low-carbon footprint produce,  
sustainability is incorporated throughout our menus



Nov 17 - 21

## WEEKLY MENU

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17/11 Monday				18/11 Tuesday			19/11 Wednesday			20/11 Thursday			21/11 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	Thai Green Curry Pork w/ Rice			Roasted Chicken Steak in Gravy w/ Rice			Lemongrass Pork Chop w/ Rice			Tori Karaage w/ Cross Trax Fries					
	165	6	8	143	10	4	155	7	5	269	10	15			
Meal B	Stir-fried Beef & Assorted Mushroom w/ Rice			Pork Shogayaki w/ Rice			Tomato & Beef Casserole w/ Spaghetti OR Rice			Baked Fish Fillet in Tomato Concasse w/ Rice OR Farfalle					
	156	9	6	163	6	5	120	9	3	144	11	4			
Meal C	Pumpkin Alfredo Penne			Mexican Mixed Bean Stew Fusilli			Truffle Mushroom Spaghetti			Braised Assorted Veggies in Red Fermented Beancurd w/ Rice					
	161	4	9	145	6	6	198	6	12	159	8	7			
Bowl	Stir-fried U-don w/ Chicken			Dried Taiwanese Noodle w/ Beef Brisket			Japanese Red Miso Soup U-don w/ Chicken			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice					
	162	9	5	124	10	5	155	10	4	144	7	7			
Salad Box	Smoked Salmon Caesar			Japanese Cold U-don in Sesame Dressing			Mixed Kale Salad w/ Parma Ham			Tuna Nicoise					
	171	9	12	165	10	5	185	8	13	109	6	6			



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