



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**







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

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**Sodexo Hong Kong Website**



**Sodexo Instagram**

**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.

DEC 9 – DEC 13

# WEEKLY MENU



	09/12 Monday	10/12 Tuesday	11/12 Wednesday	12/12 Thursday	13/12 Friday
<b>Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday To Friday: 10:45am to 2:30pm</b>					
<b>Meal A</b> Takeaway: \$40 Dine-in: \$37	Yeung Chow Fried Rice 	Sweet & Sour Pork w/ Rice 	Moroccan Chicken Stew w/ Rice 	Tori Karaage w/ French Fries [\$46] 	
<b>Meal B</b> Takeaway: \$40 Dine-in: \$37	Beef Stroganoff w/ Rice OR Linguini  	Braised Chicken in Portuguese Sauce w/ Rice 	Braised Beef Brisket w/ Radish, Rice	Baked Fish Fillet in Tomato Concasse w/ Rice OR Penne  	
<b>Meal C</b> Takeaway: \$37 Dine-in: \$34	(V) Creamy Brown Assorted Mushroom Stew w/ Rice  	(Vegan) Balsamic Roasted Organic Root Veggie w/ Macaroni  	(Vegan) Sauteed String Bean w/ Dried Tofu Rice 	(Vegan) Braised Omni-Meat w/ Eggplant, Rice 	
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm</b>					
<b>Bowl \$40</b>	Japanese Chicken Curry Rice 	Chicken Laksa 	Japanese Char Siu Ramen	Zha Jiang Mian	
<b>Leo's – Monday: 7:00am to 3:00pm; Tuesday To Friday: 7:00am to 4:00pm</b>					
<b>Salad Box \$36</b>	Grilled Bacon Caesar 	Japanese Cold u-don w/ Crab Stick (Fish Meat) in Sesame Dressing 	(V) Greek Salad  	Mixed Salad w/ Smoked Salmon in Italian Dressing	
<b>Piazza Pizza – Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm</b>					
<b>Pizza A \$29</b>	Pepperoni & Cheese 	Ham & Cheese 	Bacon & Cheese 	Meat Lover 	
<b>Pizza B (Vegetarian) \$29</b>	(V) Marinara  	(V) Margherita  	(V) Trio Cheese  	(V) Marinara  	



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



DEC 9 – DEC 13

# WEEKLY MENU



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)
	<b>Meal A</b>	Yeung Chow Fried Rice			Sweet & Sour Pork w/ Rice			Moroccan Chicken Stew w/ Rice			Tori Karaage w/ French Fries				
	150	4	5	212	12	10	211	15	8	312	15	18			
<b>Meal B</b>	Beef Stroganoff w/ Rice OR Linguini			Braised Chicken in Portuguese Sauce w/ Rice			Braised Beef Brisket w/ Radish, Rice			Baked Fish Fillet in Tomato Concasse w/ Rice OR Penne					
	194	10	8	241	18	11	224	20	12	186	20	7			
<b>Meal C</b>	(V) Creamy Brown Assorted Mushroom Stew w/ Rice			(Vegan) Balsamic Roasted Organic Root Veggie w/ Macaroni			(Vegan) Sauteed String Bean w/ Dried Tofu, Rice			(Vegan) Braised Omni-Meat w/ Eggplant, Rice					
	124	3	5	162	4	5	176	8	5	194	10	7			
<b>Bowl</b>	Japanese Chicken Curry Rice			Chicken Laksa			Japanese Char Siu Ramen			Zha Jiang Mian					
	179	6	7	223	15	10	283	13	10	250	10	8			
<b>Salad Box</b>	Grilled Bacon Caesar			Japanese Cold u-don w/ Crab Stick in Sesame Dressing			(V) Greek Salad			Mixed Salad w/ Smoked Salmon in Italian Dressing					
	212	10	14	195	7	7	123	3	7	170	7	10			



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