



KGV

MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



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MENU MECHANISM

NUTS FREE All our meals are Nuts Free

CAGE FREE All our eggs are Cage Free

MADE IN HONG KONG Discover Locally Made products

HK GROWN LOCALLY Savor Low Carbon footprint produce

50 FUTURE FOOD Ingredients good for Planet & Health

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

OK BUT THINK

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

ALLERGEN ALERT & FOOD ICONS

ALLERGEN DAIRY ALLERGEN EGG VEGETARIAN VEG 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.

JAN 6 - 10

WEEKLY MENU



	06/01 Monday	07/01 Tuesday	08/01 Wednesday	09/01 Thursday	10/01 Friday
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday To Friday: 10:45am to 2:30pm					
Meal A Takeaway : \$40 Dine-in : \$37	Stir-fried Flat Rice Noodle w/ Beef 	Beef Bolognese Spaghetti 	Roasted Chicken Steak in Onion Sauce w/ Rice	Chicken Masala w/ Rice OR Pita Bread 	Fish-O-Filet w/ Cross-Trax Fries [\$46]
Meal B Takeaway : \$40 Dine-in : \$37	Chicken a-la-king w/ Rice 	Pork Shogayaki w/ Rice 	Baked Fish Fillet in Portuguese Sauce w/ Rice OR Fusilli 	Tomato & Beef Casserole w/ Penne OR Rice	Brown Chicken Stew w/ Rice
Meal C Takeaway : \$37 Dine-in : \$34	(Vegan) Ratatouille w/ Macaroni OR Rice 	(V) Cheese Baked Broccoli & Cauliflower w/ Rice 	(Vegan) Omni-pork Mapo Tofu w/ Rice 	(Vegan) Stir-fried Edamame & Bean Curd Stick w/ Rice 	(V) Stir-fried Egg Noodle w/ Assorted Vegetable
Bowl - Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm					
Bowl \$40	Japanese Pork Curry Rice 	Shanghainese Soup Noodle w/ Shredded Chicken	Pho Thap Cam	Butaniku U-don	Braised Taiwanese Minced Pork w/ Boiled Egg, Rice
Leo's – Monday: 7:00am to 3:00pm; Tuesday To Friday: 7:00am to 4:00pm					
Salad Box \$36	Smoked Salmon Caesar 	(V) Potato & Apple Salad in Thousand Island Dressing 	Japanese Soba Noodle in Yuzu Dressing 	Tuna Nicoise 	Thai Beef Salad in Sweet & Spicy Dressing
Piazza Pizza – Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm					
Pizza A \$29	Ham & Cheese 	BBQ Chicken & Mushroom 	Pizza Carbonara 	Bacon & Cheese 	Meat Lover
Pizza B (Vegetarian) \$29	(V) Trio Cheese 	(V) Margherita 	(V) Marinara 	(V) Trio Cheese 	(V) Margherita



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



JAN 6 - 10

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)
Meal A	Stir-fried Flat Rice Noodle w/ Beef			Beef Bolognese Spaghetti			Roasted Chicken Steak in Onion Sauce w/ Rice			Chicken Masala w/ Rice OR Pita Bread			Fish-O-Filet w/ Cross-Trax Fries		
	194	10	8	208	10	7	212	18	10	236	18	8	284	14	18
Meal B	Chicken a-la-king w/ Rice			Pork Shogayaki w/ Rice			Baked Fish Fillet in Portuguese Sauce w/ Rice OR Fusilli			Tomato & Beef Casserole w/ Penne OR Rice			Brown Chicken Stew w/ Rice		
	176	12	7	243	15	13	196	22	7	224	15	10	212	18	10
Meal C	Ratatouille w/ Macaroni OR Rice			Cheese Baked Broccoli & Cauliflower w/ Rice			Omni-pork Mapo Tofu w/ Rice			Stir-fried Edamame & Bean Curd Stick w/ Rice			Stir-fried Egg Noodle w/ Assorted Vegetable		
	125	3	4	187	6	10	243	12	14	174	10	6	208	6	8
Bowl	Japanese Pork Curry Rice			Shanghainese Soup Noodle w/ Shredded Chicken			Pho Thap Cam			Butaniku U-don			Braised Taiwanese Minced Pork w/ Boiled Egg, Rice		
	221	12	10	146	8	5	112	8	3	271	12	15	240	14	12
Salad Box	Smoked Salmon Caesar			Potato & Apple Salad in Thousand Island Dressing			Japanese Soba Noodle in Yuzu Dressing			Tuna Nicoise			Thai Beef Salad in Sweet & Spicy Dressing		
	242	15	18	176	2	9	140	6	4	195	22	10	173	20	9



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