



KGV

sodexo
at SCHOOL

“
MAKE YOUR VOICE HEARD
 Every voice matters
 ”

GIVE YOUR FEEDBACK TO US



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sodexo
at SCHOOL

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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Sodexo Hong Kong Website



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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 13 - 17

WEEKLY MENU



	13/01 Monday	14/01 Tuesday	15/01 Wednesday	16/01 Thursday	17/01 Friday
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday To Friday: 10:45am to 2:30pm					
Meal A Takeaway : \$40 Dine-in : \$37	Yeung Chow Fried Rice 	Bacon Mac & Cheese 	Grilled Chicken Steak in BBQ Sauce w/ Rice	Sweet & Sour Pork w/ Rice 	Deep-fried Fish Fillet w/ Cross-Trax Fries [\$46]
Meal B Takeaway : \$40 Dine-in : \$37	Wok-fried Beef w/ Assorted Mushroom, Rice 	Baked Fish Fillet in Tomato Sauce w/ Rice 	Double Cooked Pork w/ Rice	Beef Stroganoff w/ Spaghetti OR Rice 	Stir-fried Chicken w/ Bell Pepper in Black Bean Sauce, Rice
Meal C Takeaway : \$37 Dine-in : \$34	(Vegan) Mexican Mixed Bean Stew w/ Penne 	(Vegan) Sauteed String Bean w/ Dried Tofu, Kale Borecole (Preserved) & Rice 	(Vegan) Braised E-fu Noodle w/ Assorted Mushroom 	(Vegan) Shiitake Lentil Bolognese w/ Rice 	(V) Creamy Truffle Mushroom Linguini
Bowl - Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm					
Bowl \$40	Japanese Chicken Curry Rice 	Taiwanese Soup Noodle w/ Beef	Tteok-Bokki 	Chicken Laksa 	Stir-fried Beef U-don
Leo's - Monday: 7:00am to 3:00pm; Tuesday To Friday: 7:00am to 4:00pm					
Salad Box \$36	Grilled Bacon Caesar 	(V) Greek Salad 	Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing 	Parma Ham Mixed Green in Italian Dressing	Potato, Pineapple & Chicken Salad in Thousand Island
Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday To Friday: 1:15pm to 2:15pm					
Pizza A \$29	Pepperoni & Cheese 	Bacon & Cheese 	Beef Bolognese 	Meat Lover 	Ham & Cheese
Pizza B (Vegetarian) \$29	(V) Marinara 	(V) Portobello 	(V) Margherita 	(V) Marinara 	(V) Trio Cheese



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 13 - 17

WEEKLY MENU



Nutrition Information (per 100g)	Meal A			Meal B			Meal C			Bowl			Salad Box		
	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)
	Yeung Chow Fried Rice			Bacon Mac & Cheese			Grilled Chicken Steak in BBQ Sauce w/ Rice			Sweet & Sour Pork w/ Rice			Deep-fried Fish Fillet w/ Cross-Trax Fries		
	167	4	6	285	9	16	235	15	8	242	12	10	294	15	16
	Wok-fried Beef w/ Assorted Mushroom, Rice			Baked Fish Fillet in Tomato Sauce w/ Rice			Double Cooked Pork w/ Rice			Beef Stroganoff w/ Spaghetti OR Rice			Stir-fried Chicken w/ Bell Pepper in Black Bean Sauce w/ Rice		
	243	20	14	174	15	6	244	20	15	263	14	12	232	20	10
	Mexican Mixed Bean Stew w/ Penne			Sauteed String Bean w/ Dried Tofu, Preserved Kale Borecole & Rice			Braised E-fu Noodle w/ Assorted Mushroom			Shiitake Lentil Bolognese w/ Rice			Creamy Truffle Mushroom Linguini		
	123	6	3	136	6	5	164	5	5	198	8	5	215	7	10
	Japanese Chicken Curry Rice			Taiwanese Soup Noodle w/ Beef			Tteok-Bokki			Chicken Laksa			Stir-fried Beef U-don		
	184	10	6	246	15	10	153	3	2	223	15	10	261	8	10
	Grilled Bacon Caesar			Greek Salad			Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing			Parma Ham Mixed Green in Italian Dressing			Potato, Pineapple & Chicken Salad in Thousand Island Dressing		
	231	10	16	106	4	7	200	10	9	165	8	10	246	15	10



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