



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 20 - 24

WEEKLY MENU



20/01 Monday		21/01 Tuesday		22/01 Wednesday		23/01 Thursday		24/01 Friday	
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm									
Meal A Takeaway : \$40 Dine-in : \$37	Fried Rice w/ Minced Beef & Lettuce 	Roasted Paprika Chicken Thigh w/ Rice 	Beef Bourguignon w/ Spaghetti OR Rice	Hot Dog w/ Cross-Trax Fries [\$46] 					
Meal B Takeaway : \$40 Dine-in : \$37	Creamy Chicken Stew w/ Rice 	Spanish Chorizo & Bean Stew w/ Fusilli	Lemongrass Pork Chop w/ Rice	Baked Fish Florentine w/ Rice OR Farfalle 					
Meal C Takeaway : \$37 Dine-in : \$34	(V) Trio Tomato Casserole w/ Penne OR Rice 	(Vegan) Spanish Vegan Paella 	(Vegan) Channa Masala w/ Rice or Pita Bread 	(V) Braised Tomato & Scrambled Egg w/ Rice 					
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm									
Bowl \$40	Japanese Pork Curry Rice 	Pho Thap Cam	Shanghainese Soup Noodle w/ Shredded Chicken 	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 	Mixed Garden Salad w/ Serrano Ham and Melon	(V) Apple & Potato Salad in Thousand Island Dressing 	Chicken Pasta Salad in Sesame Dressing 					
Piazza Pizza – Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm									
Pizza A \$29	Pepperoni & Cheese 	BBQ Chicken & Mushroom 	Bacon & Cheese 	Meat Lover 					
Pizza B (Vegetarian) \$29	(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



JAN 20 - 24

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)
	Fried Rice w/ Beef & Lettuce			Roasted Paprika Chicken Thigh w/ Rice			Beef Bourguignon w/ Spaghetti OR Rice			Hot Dog w/ Cross-Trax Fries					
	154	7	5	180	14	10	224	10	7	260	14	10			
	Creamy Chicken Stew w/ Rice			Spanish Chorizo & Bean Stew w/ Fusilli			Lemongrass Pork Chop w/ Rice			Baked Fish Florentine w/ Rice OR Farfalle					
	182	16	7	210	10	14	188	10	14	214	8	8			
	Trio Tomato Casserole w/ Penne OR Rice			Spanish Vegan Paella			Channa Masala w/ Rice OR Pita Bread			Braised Tomato & Scrambled Egg w/ Rice					
	147	5	4	160	8	8	164	10	15	160	10	8			
	Japanese Pork Curry Rice			Pho Thap Cam			Shanghainese Soup Noodle w/ Shredded Chicken			Taiwanese Minced Pork w/ Boiled Egg, Rice					
	185	10	8	156	8	5	146	8	5	240	14	12			
	Smoked Salmon Caesar			Mixed Green Salad w/ Serrano Ham & Melon			Apple & Potato Salad in Thousand Island Dressing			Chicken Pasta Salad in Sesame Dressing					
	158	8	10	214	16	8	140	8	8	160	10	14			



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