



KGK


sodexo
at SCHOOL

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

**GIVE YOUR
FEEDBACK TO US**



 **SCAN THIS QR CODE**  **SPEAK TO A STAFF MEMBER**

sodexo

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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at SCHOOL



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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.

Feb 10 - 14

WEEKLY MENU



10/02 Monday

11/02 Tuesday

12/02 Wednesday

13/02 Thursday

14/02 Friday

SOCIAL KITCHEN | Monday: 11:00am - 1:30pm; Tuesday to Friday: 11:30am - 2:30pm

Meal A \$40 Takeaway \$37 Dine-in	Tomato & Chicken Casserole w/ Rice	Bacon Mac & Cheese 	Beef Stroganoff w/ Rice OR Linguini 	Roasted Chicken Steak in Onion Sauce w/ Rice	KOREAN Honey Butter Fried Chicken w/ French Fries [\$46]
Meal B \$40 Takeaway \$37 Dine-in	Stir-fried Egg Noodle w/ Shredded Beef 	Braised Beef Brisket w/ Radish, Rice	Creamy Tuscan Chicken w/ Rice 	Braised Baby Pork Ribs w/ Dark Vinegar, Rice	KOREAN Pork Belly Kimchi Stir-fry (Dwaejigogi Kimchi Bokkeum)
Meal C \$37 Takeaway \$34 Dine-in	(V) Creamy Truffle Mushroom Penne 	(Vegan) Aloo-Gobi w/ Pita Bread OR Rice 	(Vegan) Omni-Meat Mapo Tofu w/ Rice 	(Vegan) Mexican Mixed Bean Stew w/ Rice OR Fusilli 	(V) KOREAN Stir-fried Glass Noodle w/ Assorted Vegetable

BOWL | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

Bowl \$40	Japanese Pork Curry Rice 	Japanese Soup U-don w/ Chicken	Pork Chop Laksa 	Taiwanese Soup Noodle w/ Beef	Tteok-Bokki
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LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36	Grilled Salmon Caesar 	(V) Mediterranean Chopped Salad in Italian Dressing 	Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing 	Mixed Green w/ Parma Ham	Tuna Nicoise
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PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

Pizza A \$29	Bacon & Cheese 	Beef Bolognese Pizza 	Meat Lover 	Ham & Cheese 	Grilled Chicken & Mushroom
Pizza B (Vegetarian) \$29	(V) Trio Cheese 	(V) Marinara 	(V) Margherita 	(V) Trio Cheese 	(V) Marinara



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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



Feb 10 - 14

WEEKLY MENU

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10/02 Monday				11/02 Tuesday			12/02 Wednesday			13/02 Thursday			14/02 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	Tomato & Chicken Casserole w/ Rice			Bacon Mac & Cheese			Beef Stroganoff w/ Rice OR Linguini			Roasted Chicken Steak in Onion Sauce w/ Rice			Korean Honey Butter Fried Chicken w/ French Fries		
	165	6	6	254	19	10	142	6	5	145	15	2	317	7	16
Meal B	Stir-fried Egg Noodle w/ Shredded Beef			Braised Beef Brisket w/ Radish, Rice			Creamy Tuscan Chicken w/ Rice			Braised Baby Pork Ribs w/ Dark Vinegar, Rice			Korean Pork Belly & Kimchi Stir Fry w/ Rice		
	195	15	9	182	12	7	157	8	6	190	11	7	222	13	12
Meal C	Creamy Truffle Mushroom Penne			Aloo-Gobi w/ Pita Bread OR Rice			Omni-Meat Mapo Tofu w/ Rice			Mexican Mixed Bean Stew w/ Rice OR Fusilli			Stir-fried Glass Noodle w/ Assorted Vegetable		
	151	5	6	101	2	2	109	6	4	127	5	1	120	4	3
Bowl	Japanese Pork Curry Rice			Japanese Soup U-don w/ Chicken			Pork Chop Laksa			Taiwanese Soup Noodle w/ Beef			Tteok-Bokki		
	210	10	9	194	14	7	168	15	8	173	15	9	128	4	3
Salad Box	Grilled Salmon Caesar			Mediterranean Chopped Salad in Italian Dressing			Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing			Mixed Green w/ Parma Ham			Tuna Nicoise		
	160	6	13	122	3	9	184	7	7	121	15	6	105	8	5



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