



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.

Feb 24 - 28

WEEKLY MENU



24/02 Monday

25/02 Tuesday

26/02 Wednesday

27/02 Thursday

28/02 Friday

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

Meal A \$40 Takeaway \$37 Dine-in	Japanese Pork Curry Rice 	Roasted Chicken Steak in Gravy w/ Rice	Thai Red Chicken Curry w/ Rice OR Garlic Bread 	Spaghetti Carbonara 	Fish-O-Filet w/ Cross-Trax Fries [\$46]
Meal B \$40 Takeaway \$37 Dine-in	Chicken Tagine w/ Rice 	Double Cooked Pork Belly w/ Rice	Wok-fried Beef w/ Leek & Assorted Mushroom, Rice 	Baked Fish Fillet in Portuguese Sauce w/ Rice 	Chicken Fricassee w/ Rice (French Chicken Stew)
Meal C \$37 Takeaway \$34 Dine-in	(Vegan) Ratatouille w/ Macaroni 	(V) Pumpkin Alfredo Fusilli 	(Vegan) Penne w/ Trio Organic Tomato Sauce 	(V) Scrambled Egg & Tomato w/ Rice 	(Vegan) Braised E-fu Noodle w/ Assorted Vegetable

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

Bowl \$40	Stir-fried Egg Noodle w/ Beef 	Taiwanese Soup Noodle w/ Beef	Stir-fried U-don w/ Assorted Seafood	Chicken Laksa	Taiwanese Braised Minced Pork w/ Boiled Egg, Rice
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LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36	Smoked Salmon Caesar 	Tuna Nicoise 	German Potato Salad 	(V) Japanese Cold U-don in Sesame Dressing 	Thai Beef Salad in Sweet Chili Sauce
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PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

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



Feb 24 - 28

WEEKLY MENU



		24/02 Monday			25/02 Tuesday			26/02 Wednesday			27/02 Thursday			28/02 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	Japanese Pork Curry Rice	Roasted Chicken Steak in Gravy w/ Rice			Thai Red Chicken Curry w/ Rice OR Garlic Bread			Spaghetti Carbonara			Fish-O-Filet w/ Cross-Trax Fries					
	175	11	7	161	10	5	140	5	5	200	8	10	242	7	12	
Meal B	Chicken Tagine w/ Rice	Double Cooked Pork Belly w/ Rice			Wok-fried Beef w/ Leek & Assorted Mushroom, Rice			Baked Fish Fillet w/ Portuguese Sauce, Rice			Chicken Fricassee w/ Rice					
	137	6	3	185	10	8	144	6	4	150	8	6	133	9	6	
Meal C	Ratatouille w/ Macaroni	(V) Pumpkin Alfredo Fusilli			Penne w/ Trio Organic Tomato Sauce			Scrambled Egg & Tomato w/ Rice			Braised E-fu Noodle w/ Assorted Mushroom					
	124	4	2	94	4	2	122	3	2	115	4	2	114	4	1	
Bowl	Stir-fried Egg Noodle w/ Beef	Taiwanese Soup Noodle w/ Beef			Stir-fried U-don w/ Assorted Seafood			Chicken Laksa			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice					
	203	12	10	69	5	2	124	7	1	126	5	6	168	8	8	
Salad Box	Smoked Salmon Caesar	Tuna Nicoise			German Potato Salad			(V) Japanese Cold U-don in Sesame Dressing			Thai Beef Salad in Sweet & Chili Sauce					
	132	10	8	105	8	5	96	1	3	173	3	6	117	5	4	



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