



KGV

sodexo
at SCHOOL

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.

Mar 17 - 21

WEEKLY MENU



17/03 Monday

18/03 Tuesday

19/03 Wednesday

20/03 Thursday

21/03 Friday



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

Meal A \$40 Takeaway \$37 Dine-in	Japanese Chicken Curry w/ Rice 	Moroccan Chicken w/ Macaroni OR Rice	Spaghetti Carbonara 	Chicken a-la-king w/ Fusilli OR Rice 	Teriyaki Chicken Steak w/ Rice
Meal B \$40 Takeaway \$37 Dine-in	Tomato & Beef Casserole w/ Rice 	Braised Diced Pork in Sweetcorn Sauce w/ Rice 	Wok-fried Beef w/ Assorted Mushroom, Rice 	Thai Green Pork Curry w/ Rice 	Pork Shogayaki w/ Rice
Meal C \$37 Takeaway \$34 Dine-in	(V) Creamy Mushroom Penne 	(Vegan) Braised E-fu Noodle w/ Assorted Mushroom 	(V) Grilled Organic Veggie w/ Chickpea Fregola 	(Vegan) Stir-fried Edamame & Assorted Vegetable w/ Rice 	(Vegan) Nasu Dengaku Spaghetti

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

Bowl \$40	Stir-fried Flat Rice Noodle w/ Pork	Tteok-Bokki 	Shanghainese Soup Noodle w/ Chicken 	Pho Thap Cam	(Gyudon) Japanese Beef Rice Bowl
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LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36	Smoked Salmon Caesar 	(V) Greek Salad 	Mixed Kale Salad w/ Parma Ham	Vietnamese Minced Pork Vermicelli Salad in Sweet Chili Sauce	Japanese Soba Noodle in Yuzu Dressing
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PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

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



Mar 17 - 21

WEEKLY MENU



	17/03 Monday			18/03 Tuesday			19/03 Wednesday			20/03 Thursday			21/03 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 Chicken Curry w/ Rice			Moroccan Chicken w/ Macaroni OR Rice			Spaghetti Carbonara			Chicken a-la-king w/ Fusilli OR Rice			Teriyaki Chicken Steak w/ Rice		
	158	8	5	160	6	6	121	3	3	112	4	4	140	8	4
Meal B	Tomato & Beef Casserole w/ Rice			Braised Diced Pork in Sweetcorn Sauce w/ Rice			Wok-fried Beef w/ Assorted Mushroom, Rice			Thai Green Pork Curry w/ Rice			Pork Shogayaki w/ Rice		
	134	5	4	140	8	4	130	6	3	150	8	4	191	8	8
Meal C	Creamy Mushroom Penne			Braised E-fu Noodle w/ Assorted Mushroom			Grilled Organic Veggie w/ Chickpea Fregola			Stir-fried Edamame w/ Assorted Vegetable, Rice			Nasu Dengaku Spaghetti		
	122	4	4	118	3	4	120	4	4	95	3	2	130	5	4
Bowl	Stir-fried Flat Rice Noodle w/ Pork			Tteok-Bokki			Shanghainese Soup Noodle w/ Chicken			Pho Thap Cam			Japanese Beef Rice Bowl		
	126	4	3	160	4	4	150	6	6	122	6	2	185	5	6
Salad Box	Smoked Salmon Caesar			Greek Salad			Mixed Kale Salad w/ Parma Ham			Vietnamese Minced Pork Vermicelli Salad in Sweet Chili Sauce			Japanese Soba Noodle in Yuzu Dressing		
	190	8	4	101	4	4	125	8	4	120	4	4	86	2	2



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