



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.

Mar 24 - 28

# WEEKLY MENU



24/03 Monday

25/03 Tuesday

26/03 Wednesday

27/03 Thursday

28/03 Friday

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

<b>Meal A</b> \$40 Takeaway \$37 Dine-in	Thai Red Chicken Curry w/ Rice	Creamy Chicken Alferdo w/ Fusilli OR Rice	Spaghetti Bolognese	Grilled Chicken Steak in Gravy w/ Rice	Fish-O-Filet w/ Cross Trax Fries [\$46]
<b>Meal B</b> \$40 Takeaway \$37 Dine-in	Baked Fish Florentine w/ Macaroni OR Rice	Braised Beef Brisket w/ Radish, Rice	Stir-fried Chicken w/ Oyster Mushroom & Leek, Rice	Mapo Tofu w/ Rice	Coq au Vin w/ Rice OR Farfalle
<b>Meal C</b> \$37 Takeaway \$34 Dine-in	(V) Braised Organic Veggie in Portuguese Sauce w/ Rice	(Vegan) Organic Pumpkin Masala w/ Rice OR Pita Bread	(Vegan) Mexican Mixed Bean Stew w/ Rice	(V) Truffle Cream Sauce Penne	(V) Scrambled Egg & Tomato w/ Rice

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

<b>Bowl</b> \$40	Dry Taiwanese Noodle w/ Minced Pork & Mushroom	Japanese Char Siu Ramen	Malaysian Kway Teow	Taiwanese Soup Noodle w/ Beef Brisket	Stir-fried U-don w/ Beef
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**LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm**

<b>Salad Box</b> \$36	Grilled Chicken Caesar	(V) Mediterranean Chopped Salad in Italian Dressing	Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing	Tuna Nicoise	Potato & Chicken Salad
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**PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm**

<b>Pizza A</b> \$29	Ham & Cheese	Pizza Carbonara	Pepperoni & Cheese	Chicken & Mushroom	Meat Lover
<b>Pizza B</b> (Vegetarian) \$29	(V) Marinara	(V) Trio Cheese	(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





Mar 24 - 28

# WEEKLY MENU



	24/03 Monday			25/03 Tuesday			26/03 Wednesday			27/03 Thursday			28/03 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)
<b>Meal A</b>	Thai Red Chicken Curry w/ Rice			Creamy Chicken Alfredo w/ Fusilli OR Rice			Spaghetti Bolognese			Grilled Chicken Steak in Gravy w/ Rice			Fish-O-Filet w/ Cross Trax Fries		
	129	8	5	129	6	8	146	7	5	175	9	5	282	11	15
<b>Meal B</b>	Baked Fish Florentine w/ Macaroni OR Rice			Braised Beef Brisket w/ Radish, Rice			Stir-fried Chicken w/ Oyster Mushroom & Leek, Rice			Mapo Tofu w/ Rice			Coq au Vin w/ Rice OR Farfalle		
	152	12	5	124	10	5	127	9	4	186	7	8	98	8	4
<b>Meal C</b>	Braised Organic Veggie in Portuguese Sauce w/ Rice			Organic Pumpkin Masala w/ Rice OR Pita Bread			Mexican Mixed Bean Stew w/ Rice			Truffle Cream Sauce Penne			Scrambled Egg & Tomato w/ Rice		
	114	3	4	149	4	4	129	8	2	198	6	12	166	4	7
<b>Bowl</b>	Taiwanese Dry Noodle w/ Minced Pork & Mushroom			Japanese Char Siu Ramen			Malaysian Kway Teow			Taiwanese Soup Noodle w/ Beef Brisket			Stir-fried U-don w/ Beef		
	130	4	6	211	12	12	193	6	11	158	8	9	120	6	4
<b>Salad Box</b>	Grilled Chicken Caesar			Mediterranean Chopped Salad in Italian Dressing			Japanese Cold U-don w/ Shredded Chicken in Sesame Dressing			Tuna Nicoise			Potato & Chicken Salad		
	110	17	5	150	2	11	165	10	5	109	6	6	99	10	3



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