



KGV

sodexo
at SCHOOL

sodexo
at SCHOOL

MAKE YOUR
VOICE HEARD

Every voice matters



GIVE YOUR
FEEDBACK TO US



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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



A Healthy and Balanced Diet Every Day!

sodexo
at SCHOOL



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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.

May 19 - 23

WEEKLY MENU



19/05 Monday

20/05 Tuesday

21/05 Wednesday

22/05 Thursday

23/05 Friday

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

| | | | | | |
|--|--|--|--|---|--|
| Meal A \$40 Takeaway \$37 Dine-in | Thai Green Curry Chicken w/ Rice | Lemongrass Pork Chop w/ Rice | Roasted Chicken Steak in BBQ Sauce w/ Rice | Bacon Mac & Cheese | Filet-O-Fish w/ Cross-Trax Fries [\$46] |
| Meal B \$40 Takeaway \$37 Dine-in | Wok-fried Beef w/ Leek & Pepper, Rice | Baked Fish Fillet in Tomato Concasse w/ Rice OR Spaghetti | Braised Beef in Portuguese Sauce w/ Rice | Stir-fried Chicken Thigh w/ King Oyster Mushroom in Oyster Sauce, Rice | Chicken Tagine w/ Rice or Fusilli |
| Meal C \$37 Takeaway \$34 Dine-in | (V) Trio Tomato Penne | (V) Farfalle w/ Spinach Cream Sauce | (V) Stir-fried Egg Noodle w/ Assorted Vegetable | (Vegan) Channa Masala w/ Rice OR Pita Bread | (Vegan) Stir-fried Assorted Organic Veggie w/ Rice |

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

| | | | | | |
|---------------------|--|---|------------------------|---|--|
| Bowl \$40 | Stir-fried Flat Rice Noodle w/ Pork | Japanese Soup U-don w/ Chicken (Pre-order Available) | Tteok-Bokki | Pho Thap Cam (Pre-order Available) | Taiwanese Braised Minced Pork w/ Boiled Egg, Rice |
|---------------------|--|---|------------------------|---|--|

LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

| | | | | | |
|--------------------------|---------------------------------|---|--|--------------------------------------|--------------------------------------|
| Salad Box \$36 | Grilled Bacon Caesar | (V) Potato & Apple Salad in Thousand Island Dressing | Japanese Soba Noodle in Yuzu Dressing | (V) Omni-Tuna Pasta Salad | Mixed Kale Salad w/ Parma Ham |
|--------------------------|---------------------------------|---|--|--------------------------------------|--------------------------------------|

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

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



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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



May 19 - 23

WEEKLY MENU

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19/05 Monday

20/05 Tuesday

21/05 Wednesday

22/05 Thursday

23/05 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 | Thai Green Curry Chicken w/ Rice | | | Lemongrass Pork Chop w/ Rice | | | Roasted Chicken Steak in BBQ Sauce w/ Rice | | | Bacon Mac & Cheese | | | Filet-O-Fish w/ Cross-Trax Fries | | |
| | 165 | 6 | 8 | 155 | 7 | 5 | 134 | 10 | 3 | 201 | 7 | 12 | 207 | 9 | 10 |
| Meal B | Wok-fried Beef w/ Leek & Pepper, Rice | | | Baked Fish Fillet in Tomato Concasse w/ Rice OR Spaghetti | | | Braised Beef in Portuguese Sauce w/ Rice | | | Stir-fried Chicken Thigh w/ King Oyster Mushroom in Oyster Sauce, Rice | | | Chicken Tagine w/ Rice or Fusilli | | |
| | 165 | 10 | 8 | 144 | 11 | 4 | 164 | 6 | 7 | 126 | 9 | 4 | 129 | 8 | 4 |
| Meal C | (V) Trio Tomato Penne | | | (V) Farfalle w/ Spinach Cream Sauce | | | (V) Stir-fried Egg Noodle w/ Assorted Vegetable | | | (Vegan) Channa Masala w/ Rice OR Pita Bread | | | (Vegan) Stir-fried Assorted Organic Veggie w/ Rice | | |
| | 150 | 5 | 3 | 160 | 4 | 6 | 190 | 5 | 7 | 126 | 3 | 4 | 167 | 4 | 9 |
| Bowl | Stir-fried Flat Rice Noodle w/ Pork | | | Japanese Soup U-don w/ Chicken (Pre-order Available) | | | Tteok-Bokki | | | Pho Thap Cam (Pre-order Available) | | | Taiwanese Braised Minced Pork w/ Boiled Egg, Rice | | |
| | 194 | 10 | 8 | 128 | 12 | 2 | 188 | 5 | 9 | 91 | 7 | 2 | 148 | 7 | 8 |
| Salad Box | Grilled Bacon Caesar | | | (V) Potato & Apple Salad | | | Japanese Soba Noodle in Yuzu Dressing | | | (V) Omni-Tuna Pasta Salad | | | Mixed Kale Salad w/ Parma Ham | | |
| | 196 | 10 | 13 | 197 | 2 | 9 | 140 | 6 | 4 | 155 | 12 | 4 | 185 | 8 | 13 |



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