



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**

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## 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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Sign up for our e-Newsletter

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**Sodexo 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.

Jun 23 - 27

# WEEKLY MENU



23/06 Monday

24/06 Tuesday

25/06 Wednesday

26/06 Thursday

27/06 Friday

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

<b>Meal A</b> \$40 Takeaway \$37 Dine-in	<b>Thai Green Curry Chicken w/ Rice</b> 	<b>Tuscan Chicken w/ Rice</b> 	<b>Bacon Mac &amp; Cheese</b> 	<b>Teriyaki Chicken Steak w/ Rice</b>	
<b>Meal B</b> \$40 Takeaway \$37 Dine-in	<b>Tomato &amp; Pork Casserole w/ Rice OR Fusilli</b>	<b>Kari Ikan (Malaysia Curry Fish Fillet) w/ Pita Bread OR Rice</b> 	<b>Beef Goulash w/ Rice</b>	<b>Pad Kra Pao Moo (Pork &amp; Holy Basil Stir-fry) w/ Rice</b>	
<b>Meal C</b> \$37 Takeaway \$34 Dine-in	<b>(Vegan) Braised White Gourd w/ Assorted Mushroom, Rice</b> 	<b>(V) Veggie Mee Goreng</b> 	<b>(V) Braised Tomato &amp; Scrambled Egg w/ Rice</b> 	<b>(V) Truffle Mushroom Farfalle</b> 	
<b>Bowl</b> \$40	<b>Fried Kway Teow</b> 	<b>Taiwanese Braised Minced Pork w/ Boiled Egg, Rice</b> 	<b>Stir-fried Egg Noodle w/ Chicken</b> 	<b>Stir-fried Flat Rice Noodle w/ Beef</b> 	

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

<b>Salad Box</b> \$36	<b>Smoked Salmon Caesar</b> 	<b>(V) Greek Salad</b> 	<b>Chicken &amp; Apple Salad</b> 	<b>Ham &amp; Pasta Salad in Mayonnaise</b> 	
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**PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm**

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



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BE CAUTIOUS

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



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## WEEKLY MENU

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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			Tuscan Chicken w/ Rice			Bacon Mac & Cheese			Teriyaki Chicken Steak w/ Rice					
	165	6	8	132	13	3	201	7	12	156	7	4			
Meal B	Tomato & Pork Casserole w/ Rice OR Fusilli			Kari Ikan			Beef Goulash w/ Rice			Pad Kra Pao Moo					
	190	12	9	175	10	9	186	11	6	168	8	7			
Meal C	Braised White Gourd w/ Assorted Mushroom, Rice			Veggie Mee Goreng			Braised Tomato & Scrambled Egg w/ Rice			Truffle Mushroom Farfalle					
	147	7	5	175	5	4	133	7	6	198	6	12			
Bowl	Fried Kway Teow			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice			Stir-fried Egg Noodle w/ Chicken			Stir-fried Flat Rice Noodle w/ Beef					
	193	6	11	142	7	7	150	9	4	156	9	5			
Salad Box	Smoked Salmon Caesar			(V) Greek Salad			Chicken & Apple Salad			Ham & Pasta Salad in Mayonnaise					
	171	9	12	111	3	9	125	10	5	171	5	12			



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