




KGV


sodexo
at SCHOOL





“
**MAKE YOUR
VOICE
HEARD**
Every voice matters
”



**GIVE YOUR
FEEDBACK TO US**



 **SCAN THIS QR CODE**  **SPEAK TO A STAFF MEMBER**



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!





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for our
e-Newsletter

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to follow & visit us**



**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.

Aug 18 - 22

WEEKLY MENU



18/08 Monday

19/08 Tuesday

20/08 Wednesday

21/08 Thursday

22/08 Friday

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

Meal A \$41 Takeaway \$38 Dine-in 	Braised Diced Chicken in Sweetcorn Sauce w/ Rice 	Bacon Mac & Cheese 	Chicken & Mushroom Stew w/ Spaghetti OR Rice 	Lemongrass Pork Chop w/ Rice 	Tori Karaage w/ Cross Trax Fries [\$47]
Meal B \$41 Takeaway \$38 Dine-in	Beef Goulash w/ Rice OR Fusilli	Stir-fried Chicken w/ Chili Bean Sauce, Rice 	Wok-fried Beef w/ Bell Pepper, Rice 	Baked Fish Florentine w/ Penne 	Braised Beef w/ Radish, Rice
Meal C \$38 Takeaway \$35 Dine-in 	(Vegan) Organic Veggie Ratatouille w/ Rice 	(Vegan) Mushroom Bourguignon w/ Rice 	(Vegan) Mixed Bean Stew w/ Rice OR Pita Bread 	(Vegan) Omni-Meat Mapo Tofu w/ Rice 	(V) Pumpkin Alfredo w/ Farfalle

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

Bowl \$41 	Malaysian Kway Teow 	Stir-fried U-don w/ Beef 	Tteok-Bokki 	Dried U-don w/ Japanese Curry Chicken 	Stir-fried Egg Noodle w/ Pork
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LEO'S | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36 	Grilled Bacon Caesar 	(V) Greek Salad 	Japanese Green Tea Soba 	(V) Potato & Apple Salad Thousand Island Dressing 	Mixed Kale Salad w/ Chicken in Italian Dressing
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PIAZZA PIZZA | Monday: 12:15pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

Pizza A \$30 	Ham & Cheese 	Pepperoni & Cheese 	Chicken & Mushroom 	Carbonara Pizza 	Meat Lover
Pizza B (Vegetarian) \$30 	(V) Trio Cheese 	(V) Margherita 	(V) Marinara 	(V) Margherita 	(V) Trio Cheese



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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



Aug 18 - 22

WEEKLY MENU



18/08 Monday				19/08 Tuesday			20/08 Wednesday			21/08 Thursday			22/08 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	Braised Diced Chicken in Sweetcorn Sauce w/ Rice			Bacon Mac & Cheese			Chicken & Mushroom Stew w/ Spaghetti OR Rice			Lemongrass Pork Chop w/ Rice			Tori Karaage w/ Cross Trax Fries		
	159	11	7	201	7	12	174	15	8	155	7	5	269	10	15
Meal B	Beef Goulash w/ Rice OR Fusilli			Stir-fried Chicken w/ Chili Bean Sauce, Rice			Wok-fried Beef w/ Bell Pepper, Rice			Baked Fish Florentine w/ Penne			Braised Beef w/ Radish, Rice		
	186	11	6	144	10	4	165	10	8	152	12	5	124	10	5
Meal C	(Vegan) Organic Veggie Ratatouille w/ Rice			(Vegan) Mushroom Bourguignon w/ Rice			(Vegan) Mixed Bean Stew w/ Rice OR Pita Bread			(Vegan) Omni-Meat Mapo Tofu w/ Rice			(V) Pumpkin Alfredo w/ Farfalle		
	103	3	2	115	5	3	129	8	2	150	5	5	161	4	9
Bowl	Malaysian Kway Teow			Stir-fried U-don w/ Beef			Tteok-Bokki			Dried U-don w/ Japanese Curry Chicken			Stir-fried Egg Noodle w/ Pork		
	193	6	11	120	6	4	188	5	9	175	11	7	150	9	4
Salad Box	Grilled Bacon Caesar			(V) Greek Salad			Japanese Green Tea Soba			(V) Potato & Apple Salad Thousand Island Dressing			Mixed Kale Salad w/ Chicken in Italian Dressing		
	196	10	13	111	3	9	140	6	4	141	2	13	140	8	8



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