



KGV

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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at SCHOOL



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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.

Aug 18 - 22

# WEEKLY MENU



18/08 Monday

19/08 Tuesday

20/08 Wednesday

21/08 Thursday

22/08 Friday

**SOCIAL KITCHEN | Monday to Friday: 11:30am - 2:30pm**

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

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

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

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

<b>Pizza A</b> \$30		<b>Pepperoni &amp; Cheese</b> 	<b>Chicken &amp; Mushroom</b> 	<b>Carbonara Pizza</b> 	<b>Meat Lover</b>
<b>Pizza B (Vegetarian)</b> \$30		<b>(V) Margherita</b> 	<b>(V) Marinara</b> 	<b>(V) Margherita</b> 	<b>(V) Trio Cheese</b> 



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OK BUT THINK

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



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				Bacon Mac & Cheese			Chicken & Mushroom Stew w/ Spaghetti OR Rice			Lemongrass Pork Chop w/ Rice			Tori Karaage w/ Cross Trax Fries		
				201	7	12	174	15	8	155	7	5	269	10	15
Meal B				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		
				144	10	4	165	10	8	152	12	5	124	10	5
Meal C				(Vegan) Organic Veggie Ratatouille 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	129	8	2	150	5	5	161	4	9
Bowl				Malaysian Kway Teow			Tteok-Bokki			Dried U-don w/ Japanese Curry Chicken			Stir-fried Egg Noodle w/ Pork		
				193	6	11	188	5	9	175	11	7	150	9	4
Salad Box				(V) Greek Salad			Japanese Green Tea Soba			(V) Potato & Apple Salad Thousand Island Dressing			Mixed Kale Salad w/ Chicken in Italian Dressing		
				111	3	9	140	6	4	141	2	13	140	8	8



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