



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



ALLERGEN DAIRY



ALLERGEN EGG



VEGETARIAN



VEGAN



MILD SPICY

A Healthy and Balanced Diet Every Day!





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for our
e-Newsletter

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Hong Kong Website**



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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.

Sep 1 - 5

WEEKLY MENU



01/09 Monday

02/09 Tuesday

03/09 Wednesday

04/09 Thursday

05/09 Friday

SOCIAL KITCHEN | Monday: 10:30am - 1:30pm (Lunch: 11:30 - 1:30pm); Tuesday to Friday: 10:30am - 2:30pm (Lunch: 11:30am - 2:30pm)

Meal A \$41 Takeaway \$38 Dine-in 	Braised Diced Chicken in Sweetcorn Sauce w/ Rice 	Spaghetti Carbonara 	Grilled Chicken Steak in Onion Sauce w/ Rice 	Beef Rendang w/ Rice 	Tori Karaage w/ Cross Trax Fries [\$47]
Meal B \$41 Takeaway \$38 Dine-in 	Tomato & Beef Stew w/ Rice OR Linguini 	Wok-fried Beef w/ Leek & Mushroom, Rice 	Baked Fish Fillet in Spinach Cream Sauce w/ Macaroni 	Stir-fried Chicken & Assorted Mushroom in Black Bean Sauce w/ Rice 	Braised Pork Loin in Porcini Mushroom Sauce w/ Rice OR Penne
Meal C \$38 Takeaway \$35 Dine-in 	(V) Baked Organic Veggie in Portuguese Sauce w/ Rice 	(Vegan) Assorted Veggie Ratatouille w/ Rice 	(V) Scrambled Egg & Tomato w/ Rice 	(V) Cauliflower Alfredo Farfalle 	(Vegan) Braised Eggplant & Omni-Meat w/ Rice (Sichuan Style)

BOWL | Monday to Friday: Break 10:55am - 11:15am/ Monday: Lunch 12:00nn - 1:15pm; Tuesday to Friday: Lunch 1:15pm - 2:15pm

Bowl \$41	Stir-fired Shanghaiese Noodle w/ Pork 	Pad Thai w/ Chicken 	Yeung Chow Fried Rice 	Zha Jiang Mian	Stir-fried U-don w/ Assorted Seafood
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LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36 	Smoked Salmon Caesar 	(V) Greek Salad 	German Potato Salad 	Japanese Green Tea Soba (Yuzu Dressing) 	Mixed Kale Salad w/ Parma Ham (Italian Dressing)
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

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



GO & ENJOY

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



Sep 1 - 5

WEEKLY MENU



01/09 Monday				02/09 Tuesday			03/09 Wednesday			04/09 Thursday			05/09 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			Spaghetti Carbonara			Grilled Chicken Steak in Onion Sauce w/ Rice			Beef Rendang w/ Rice			Tori Karaage w/ Cross Trax Fries [\$47]		
	152	11	6	199	8	9	175	9	5	174	8	12	269	10	15
Meal B	Tomato & Beef Stew w/ Rice OR Linguini			Wok-fried Beef w/ Leek & Mushroom, Rice			Baked Fish Fillet in Spinach Cream Sauce w/ Macaroni			Stir-fried Chicken & Assorted Mushroom in Black Bean Sauce w/ Rice			Braised Pork Loin in Porcini Mushroom Sauce w/ Rice OR Penne		
	157	11	6	165	11	8	193	11	9	126	9	4	158	10	6
Meal C	(V) Baked Organic Veggie in Portuguese Sauce w/ Rice			(Vegan) Assorted Veggie Ratatouille w/ Rice			(V) Scrambled Egg & Tomato w/ Rice			(V) Cauliflower Alfredo Farfalle			(Vegan) Braised Eggplant & Omni-Meat w/ Rice (Sichuan Style)		
	114	3	4	103	3	2	133	7	6	145	8	11	194	9	9
Bowl	Stir-fried Shanghaiese Noodle w/ Pork			Pad Thai w/ Chicken			Yeung Chow Fried Rice			Zha Jiang Mian			Stir-fried U-don w/ Assorted Seafood		
	191	8	11	175	9	8	139	6	7	168	6	9	189	6	9
Salad Box	Smoked Salmon Caesar			(V) Greek Salad			German Potato Salad			Japanese Green Tea Soba			Mixed Kale Salad w/ Parma Ham		
	171	9	12	111	3	9	194	10	9	140	6	4	185	8	13



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