



KGK

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at SCHOOL

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“ MAKE YOUR VOICE HEARD ”
Every voice matters

GIVE YOUR FEEDBACK TO US



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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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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 8 - 12

WEEKLY MENU



08/09 Monday

09/09 Tuesday

10/09 Wednesday

11/09 Thursday

12/09 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	Teriyaki Chicken Steak w/ Rice	BBQ Pork w/ Rice	Tuscan Chicken w/ Spaghetti OR Rice		Chicken Masala w/ Rice OR Pita Bread
Meal B \$41 Takeaway \$38 Dine-in	Baked Fish Fillet in Tomato Sauce w/ Macaroni	Beef Stroganoff w/ Linguini OR Rice	Braised Pork Rib in Dark Vinegar w/ Rice		Pork Shogayaki w/ Rice
Meal C \$38 Takeaway \$35 Dine-in	(Vegan) Braised Hairy Gourd w/ Assorted Mushroom & Glass Noodle, Rice	(V) Stir-fried Egg Noodle w/ Assorted Organic Veggie	(Vegan) Aloo-Gobi w/ Rice OR Pita Bread		(V) Truffle Mushroom Farfalle

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-fried Flat Rice Noodle w/ Pork	Dried U-don w/ Chicken in Japanese Curry	Pho Thap Cam (Pre-order Available at Bowl) 10:55 – 11:15		Dried Taiwanese Noodle w/ Beef Brisket
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LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36	Grilled Bacon Caesar	Tuna Nicoise	(V) Japanese Cold U-don in Sesame Dressing		Potato & Chicken Salad in Thousand Island Dressing
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:15pm - 2:15pm

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



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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



KGV

Sep 8 - 12

WEEKLY MENU



08/09 Monday				09/09 Tuesday			10/09 Wednesday			11/09 Thursday			12/09 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	Teriyaki Chicken Steak w/ Rice			BBQ Pork w/ Rice			Tuscan Chicken w/ Spaghetti OR Rice						Chicken Masala w/ Rice OR Pita Bread		
	156	7	4	179	9	10	153	7	9				186	10	8
Meal B	Baked Fish Fillet in Tomato Sauce w/ Macaroni			Beef Stroganoff w/ Linguini OR Rice			Braised Pork Rib in Dark Vinegar w/ Rice						Pork Shogayaki w/ Rice		
	144	11	4	158	6	8	168	10	8				198	8	9
Meal C	Braised Hairy Gourd w/ Assorted Mushroom & Glass Noodle, Rice			Stir-fried Egg Noodle w/ Assorted Organic Vegetable			Aloo-Gobi w/ Pita Bread OR Rice						Truffle Mushroom Farfalle		
	147	7	5	102	4	6	124	4	6				198	6	12
Bowl	Stir-fried Flat Rice Noodle w/ Pork			Dried U-don w/ Chicken in Japanese Curry			Pho Thap Cam						Dried Taiwanese Noodle w/ Beef Brisket		
	166	10	8	175	11	7	180	10	9				124	10	5
Salad Box	Grilled Bacon Caesar			Tuna Nicoise			Japanese Cold U-don in Sesame Dressing						Potato & Chicken Salad in Thousand Island Dressing		
	153	7	6	109	6	6	165	10	5				164	6	8



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