



KGV

sodexo
at SCHOOL

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at SCHOOL

“ MAKE YOUR VOICE HEARD ”
Every voice matters

GIVE YOUR FEEDBACK TO US



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sodexo

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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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 29 – Oct 3

WEEKLY MENU



29/09 Monday

30/09 Tuesday

01/10 Wednesday

02/10 Thursday

03/10 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 	Sweet & Sour Pork w/ Rice 		Thai Red Curry Chicken w/ Rice OR Pita Bread 	Tori Karaage w/ Cross Trax Fries [\$47]
Meal B \$41 Takeaway \$38 Dine-in 	Beef & Organic Bean Stew w/ Rice 	Beef Goulash w/ Rice OR Spaghetti		Baked Fish Fillet in Cream Sauce w/ Macaroni OR Rice 	Beef Stroganoff w/ Linguini OR Rice
Meal C \$38 Takeaway \$35 Dine-in 	(V) Creamy Spinach Penne 	(V) Porcini Mushroom Spaghetti 		(Vegan) Omni-Meat Mapo Tofu w/ Rice 	(V) Stir-fried Egg Noodle w/ Assorted Vegetable

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 Egg Noodle w/ BBQ Pork 	Shanghainese Soup Noodle w/ Chicken (Pre-order Available) 		Japanese Char Siu Ramen (Pre-order Available)	Taiwanese Braised Minced Pork w/ Boiled Egg, Rice
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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 	Japanese Soba Noodle (Yuzu Dressing) 		(V) Greek Salad 	Mixed Kale Salad w/ Parma Ham (Italian Dressing)
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

Pizza A \$30 	Ham & Cheese 	Bacon & Cheese 		Beef Bolognese Pizza 	Meat Lover
Pizza B (Vegetarian) \$30 	Trio Cheese 	Sweetcorn & Cheese Pizza 		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



Sep 29 – Oct 3

WEEKLY MENU



29/09 Monday				30/09 Tuesday			01/10 Wednesday			02/10 Thursday			03/10 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			Sweet & Sour Pork w/ Rice						Thai Red Curry Chicken w/ Rice Or Pita Bread			Tori Karaage w/ Cross Trax Fries		
	152	11	6	212	12	10				170	5	8	269	10	15
Meal B	Pork & Bean Stew w/ Rice			Beef Goulash w/ Rice OR Spaghetti						Baked Fish Fillet in Cream Sauce w/ Macaroni OR Rice			Beef Stroganoff w/ Linguini Or Rice		
	143	11	3	186	11	6				193	11	9	183	9	10
Meal C	Creamy Spinach Penne			Porcini Mushroom Spaghetti						Omni-Meat Mapo Tofu w/ Rice			Stir-fried Egg Noodle w/ Assorted Vegetable		
	148	6	7	175	8	9				150	5	5	190	5	7
Bowl	Stir-fried Flat Rice Noodle w/ Beef			Shanghainese Soup Noodle w/ Chicken						Japanese Char Siu Ramen			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice		
	158	9	5	128	11	5				211	12	12	144	7	7
Salad Box	Grilled Bacon Caesar			Japanese Soba Noodle						Greek Salad			Mixed Kale Salad w/ Parma Ham		
	196	10	13	140	6	4				111	3	9	185	8	13



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