



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.

Oct 27 - 31

# WEEKLY MENU



27/10 Monday

28/10 Tuesday

29/10 Wednesday

30/10 Thursday

31/10 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)

<b>Meal A</b> \$41 Takeaway \$38 Dine-in 	<b>Creamy Sweetcorn &amp; Chicken Stew w/ Rice</b> 	<b>Spaghetti Carbonara</b> 		<b>Lemongrass Pork Chop w/ Rice</b>	<b>Thai Style Barbecued Chicken Steak w/ Rice</b> 
<b>Meal B</b> \$41 Takeaway \$38 Dine-in 	<b>Baked Fish Fillet in Tomato Concasse w/ Rice OR Macaroni</b> 	<b>Braised Chicken &amp; Oyster Mushroom in Chili Bean Sauce w/ Rice</b>		<b>Tomato &amp; Beef Casserole w/ Rice OR Penne</b> 	<b>Thai Green Curry Pork w/ Rice OR Pita Bread</b> 
<b>Meal C</b> \$38 Takeaway \$35 Dine-in 	<b>(Vegan) Stir-fried Organic Eggplant &amp; Omni-Meat w/ Rice</b> 	<b>(Vegan) Mexican Bean Stew w/ Rice</b> 		<b>(Vegan) Aloo Gobi w/ Rice OR Pita Bread</b> 	<b>(Vegan) Thai Style Sauteed Assorted Organic Veggie w/ Rice</b> 

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

<b>Bowl</b> \$41 	<b>Stir-fried Egg Noodle w/ Pork</b> 	<b>Pho Thap Cam</b> 		<b>Shanghainese Soup Noodle w/ Chicken</b> 	<b>Thai Style Stir-Fried Flat Rice Noodles w/ Beef in Gravy</b> 
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**LEO'S Café** | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

<b>Salad Box</b> \$36 	<b>Grilled Bacon Caesar</b> 	<b>Mediterranean Chopped Salad w/ Chicken</b>		<b>Japanese Soba Noodle</b> 	<b>(V) Potato &amp; Apple Salad in Thousand Island Dressing</b> 
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**PIAZZA PIZZA** | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

<b>Pizza A</b> \$30 	<b>Ham &amp; Cheese</b> 	<b>Pepperoni &amp; Cheese</b> 		<b>Bacon &amp; Cheese</b> 	<b>Chicken &amp; Mushroom</b> 
<b>Pizza B (Vegetarian)</b> \$30 	<b>Marinara</b> 	<b>Margherita</b> 		<b>Trio Cheese</b> 	<b>Marinara</b> 



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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





Oct 27 - 31

## WEEKLY MENU

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27/10 Monday				28/10 Tuesday			29/10 Wednesday			30/10 Thursday			31/10 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	Creamy Sweetcorn & Chicken Stew w/ Rice			Spaghetti Carbonara						Lemongrass Pork Chop w/ Rice			Thai Style Barbecued Chicken Steak w/ Rice		
	140	7	5	199	8	9				155	7	5	145	11	6
Meal B	Baked Fish Fillet in Tomato Concasse w/ Rice OR Macaroni			Braised Chicken & Oyster Mushroom in Chili Bean Sauce w/ Rice						Tomato & Beef Casserole w/ Rice OR Penne			Thai Green Curry Pork w/ Rice OR Pita Bread		
	144	11	4	133	9	3				120	9	3	165	6	8
Meal C	Stir-fried Organic Eggplant & Omni-Meat w/ Rice			Mexican Bean Stew w/ Rice						Aloo Gobi w/ Rice OR Pita Bread			Thai Style Sauteed Assorted Organic Veggie w/ Rice		
	194	9	9	145	6	6				156	3	10	144	3	8
Bowl	Stir-fried Egg Noodle w/ Pork			Pho Thap Cam						Shanghainese Soup Noodle w/ Chicken			Thai Style Stir-fried Flat Rice Noodle w/ Beef in Gravy		
	159	9	5	91	7	2				128	11	5	162	7	8
Salad Box	Grilled Bacon Caesar			Mediterranean Chopped Salad w/ Chicken						Japanese Soba Noodle			Potato & Apple Salad in Thousand Island Dressing		
	196	10	13	159	2	12				140	6	4	141	2	13



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