



KGK

sodexo
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.

Nov 10 - 14

WEEKLY MENU



10/11 Monday

11/11 Tuesday

12/11 Wednesday

13/11 Thursday

14/11 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	Beef Bolognese Spaghetti 	Thai Red Curry Chicken w/ Rice 	Sweet & Sour Pork w/ Rice 	Bacon Mac & Cheese 	Indian Butter Chicken w/ Rice & Papadum Takeaway: \$47 Dine-in: \$44
Meal B \$41 Takeaway \$38 Dine-in	Frango Estufado (Portuguese Stew Chicken) w/ Rice 	Baked Fish Florentine w/ Rice OR Farfalle 	Beef Stroganoff w/ Rice OR Linguini 	Braised Chicken w/ Leek & Bell Pepper in Black Bean Sauce, Rice 	Beef Bourguignon w/ Rice OR Penne
Meal C \$38 Takeaway \$35 Dine-in	(Vegan) Braised Assorted Organic Veggie & Glass Noodle w/ Rice 	(Vegan) Braised E-fu Noodle w/ Assorted Vegetable 	(Vegan) Channa Masala w/ Rice OR Pita Bread 	(Vegan) Organic Veggie Ratatouille w/ Rice 	(V) Scrambled Egg & Tomato w/ Rice

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 	Yeung Chow Fried Rice 	Japanese Char Siu Ramen (Pre-order Available) 	Shanghainese Soup Noodle w/ Chicken (Pre-order Available) 	Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) 	Stir-fried Flat Rice Noodle w/ Pork
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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 	Thai Beef Salad in Sweet Chili Sauce 	German Potato Salad 	(V) Mediterranean Chopped Salad in Italian Dressing 	Japanese Soba Noodle
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

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



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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



Nov 10 - 14

WEEKLY MENU

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10/11 Monday				11/11 Tuesday			12/11 Wednesday			13/11 Thursday			14/11 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	Beef Bolognese Spaghetti			Thai Red Curry Chicken w/ Rice			Sweet & Sour Pork w/ Rice			Bacon Mac & Cheese			Indian Butter Chicken w/ Rice & Papadum		
	131	7	5	170	5	8	212	12	10	201	7	12	177	7	8
Meal B	Frango Estufado (Portuguese Chicken Stew) w/ Rice			Baked Fish Florentine w/ Rice OR Farfalle			Beef Stroganoff w/ Rice OR Linguini			Braised Chicken w/ Leek & Bell Pepper in Black Bean Sauce, Rice			Beef Bourguignon w/ Rice OR Penne		
	172	10	8	152	12	5	183	9	10	110	5	4	192	15	10
Meal C	Braised Assorted Organic Veggie & Glass Noodle w/ Rice			Braised E-fu Noodle w/ Assorted Vegetable			Channa Masala w/ Rice OR Pita Bread			Organic Veggie Ratatouille w/ Rice			Scrambled Egg & Tomato w/ Rice		
	118	4	6	195	5	11	126	3	4	103	3	2	133	7	6
Bowl	Yeung Chow Fried Rice			Japanese Char Siu Ramen			Shanghainese Soup Noodle w/ Chicken			Taiwanese Soup Noodle w/ Beef Brisket			Stir-fried Flat Rice Noodle w/ Pork		
	139	6	7	211	12	12	128	11	5	158	8	9	158	9	5
Salad Box	Grilled Bacon Caesar			Thai Beef Salad in Sweet Chili Sauce			German Potato Salad			Mediterranean Chopped Salad in Italian Dressing			Japanese Soba Noodle		
	196	10	13	110	5	5	194	10	9	150	2	11	140	6	4



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