



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.

Jan 5 - 9

WEEKLY MENU



05/01 Monday

06/01 Tuesday

07/01 Wednesday

08/01 Thursday

09/01 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 | Japanese Curry Chicken w/ Rice | Lemongrass Pork Chop w/ Rice | Teriyaki Chicken Steak w/ Rice | BBQ Pork w/ Rice | Tori Karaage w/ Cross Trax Fries [\$47] |
| Meal B \$41 Takeaway \$38 Dine-in | Tomato & Pork Stew w/ Spaghetti | Baked Fish Fillet in Tomato Concasse w/ Macaroni OR Rice | Beef Bourguignon w/ Fusilli OR Rice | Braised Chicken w/ Leek & Bell Pepper in Black Bean Sauce, Rice | Baked Fish Florentine w/ Penne OR Rice |
| Meal C \$38 Takeaway \$35 Dine-in | (Vegan) Braised Organic Eggplant & Omni-Meat w/ Rice | (Vegan) Aloo Gobi w/ Rice OR Pita Bread | (V) Braised Tomato & Scrambled Egg w/ Rice | (V) Pumpkin Alfredo Farfalle | (V) Braised E-fu Noodle w/ Assorted Mushroom |

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/ Beef | Shanghainese Soup Noodle w/ Chicken (Pre-order Available) | Stir-fried Egg Noodle w/ Pork | Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) | Pad Krapow (Thai Style Stir-fried Minced Pork & Holy Basil w/ Rice) |
|-------------------------|---|--|---|--|--|

LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

| | | | | | |
|------------------------------|-----------------------------|--|---|--|--|
| Salad Box \$36 | Smoked Salmon Caesar | Thai Beef Salad in Sweet Chili Sauce | Mixed Kale Salad w/ Parma Ham | (V) Japanese Cold U-don in Sesame Dressing | Mediterranean Chopped Salad w/ Chicken in Italian Dressing |
|------------------------------|-----------------------------|--|---|--|--|

PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

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


Jan 5 - 9

WEEKLY MENU

sodexo

| 05/01 Monday | | | | 06/01 Tuesday | | | 07/01 Wednesday | | | 08/01 Thursday | | | 09/01 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 | Japanese Curry Chicken w/ Rice | | | Lemongrass Pork Chop w/ Rice | | | Teriyaki Chicken Steak w/ Rice | | | BBQ Pork w/ Rice | | | Tori Karaage w/ Cross Trax Fries | | |
| | 165 | 6 | 8 | 155 | 7 | 5 | 156 | 7 | 4 | 135 | 9 | 3 | 269 | 10 | 15 |
| Meal B | Tomato & Pork Stew w/ Spaghetti | | | Baked Fish Fillet in Tomato Concasse w/ Macaroni OR Rice | | | Beef Bourguignon w/ Fusilli OR Rice | | | Braised Chicken w/ Leek & Bell Pepper in Black Bean Sauce, Rice | | | Baked Fish Florentine w/ Penne OR Rice | | |
| | 157 | 11 | 6 | 144 | 11 | 4 | 192 | 15 | 10 | 110 | 5 | 4 | 152 | 12 | 5 |
| Meal C | (Vegan) Braised Organic Eggplant & Omni-Meat w/ Rice | | | (Vegan) Aloo Gobi w/ Rice OR Pita Bread | | | (V) Braised Tomato & Scrambled Egg w/ Rice | | | (V) Pumpkin Alfredo Farfalle | | | (V) Braised E-fu Noodle w/ Assorted Mushroom | | |
| | 194 | 9 | 9 | 156 | 3 | 10 | 124 | 5 | 4 | 161 | 4 | 9 | 195 | 5 | 11 |
| Bowl | Stir-fried Flat Rice Noodle w/ Beef | | | Shanghainese Soup Noodle w/ Chicken (Pre-order Available) | | | Stir-fried Egg Noodle w/ Pork | | | Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) | | | Pad Krapow (Thai Style Stir-fried Minced Pork & Holy Basil w/ Rice) | | |
| | 166 | 10 | 8 | 128 | 11 | 5 | 158 | 9 | 5 | 158 | 8 | 9 | 194 | 8 | 12 |
| Salad Box | Smoked Salmon Caesar | | | Thai Beef Salad in Sweet Chili Sauce | | | Mixed Kale Salad w/ Parma Ham | | | (V) Japanese Cold U-don in Sesame Dressing | | | Mediterranean Chopped Salad w/ Chicken in Italian Dressing | | |
| | 171 | 9 | 12 | 110 | 5 | 5 | 185 | 8 | 13 | 165 | 10 | 5 | 150 | 2 | 11 |



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