



KGV

MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



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MENU MECHANISM

- NUTS FREE**: All our meals are Nuts Free
- CAGE FREE**: All our eggs are Cage Free
- MADE IN HONG KONG**: Discover Locally Made products
- HK GROWN LOCALLY**: Savor Low Carbon footprint produce
- 50 FUTURE FOOD**: Ingredients good for Planet & Health

GO & ENJOY All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

OK BUT THINK

BE CAUTIOUS 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 12 - 16

WEEKLY MENU



12/01 Monday

13/01 Tuesday

14/01 Wednesday

15/01 Thursday

16/01 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	Spaghetti Bolognese	Thai Red Curry Pork w/ Rice OR Pita Bread	Bacon Mac & Cheese	Sweet & Sour Pork w/ Rice	Grilled Chicken Steak in Gravy w/ Rice
Meal B \$41 Takeaway \$38 Dine-in	Braised Chicken & Potato w/ Rice	Beef Stroganoff w/ Linguini	Stir-fried Beef w/ Assorted Mushroom & Bell Pepper, Rice	Braised Chicken w/ King Oyster Mushroom in Oyster Sauce, Rice	Stir-fried Pork Belly & Kimchi w/ Rice
Meal C \$38 Takeaway \$35 Dine-in	(Vegan) Channa Masala w/ Rice OR Pita Bread	(V) Omni-Meat Mapo Tofu w/ Rice	(Vegan) Mexican Mixed Bean Stew w/ Rice	(V) Truffle Mushroom Sauce Penne	(Vegan) Organic Veggie Ratatouille Fusilli

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	Fried Noodle w/ BBQ Pork	Japanese Red Miso Soup Noodle w/ Chicken (Pre-order Available)	Stir-fried Flat Rice Noodle w/ Chicken	Tteok-Bokki	Pho Thap Cam (Pre-order Available)
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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 in Yuzu Dressing	(V) Potato & Apple Salad in Thousand Island Dressing	Tuna Nicoise	(V) Japanese Cold U-don in Sesame Dressing
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PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm

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



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 12 - 16

WEEKLY MENU



		12/01 Monday			13/01 Tuesday			14/01 Wednesday			15/01 Thursday			16/01 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	Spaghetti Bolognese	Thai Red Curry Pork w/ Rice OR Pita Bread			Bacon Mac & Cheese			Sweet & Sour Pork w/ Rice			Grilled Chicken Steak in Gravy w/ Rice					
	146	7	5	170	5	8	201	7	12	212	12	10	177	9	5	
Meal B	Braised Chicken & Potato w/ Rice	Beef Stroganoff w/ Linguini			Stir-fried Beef w/ Assorted Mushroom & Bell Pepper, Rice			Braised Chicken w/ King Oyster Mushroom in Oyster Sauce, Rice			Stir-fried Pork Belly & Kimchi w/ Rice					
	139	11	4	183	9	10	156	9	6	110	5	4	180	6	10	
Meal C	(Vegan) Channa Masala w/ Rice OR Pita Bread	(V) Omni-Meat Mapo Tofu w/ Rice			(Vegan) Mexican Mixed Bean Stew w/ Rice			(V) Truffle Mushroom Sauce Penne			(Vegan) Organic Veggie Ratatouille Fusilli					
	126	3	4	150	5	5	145	6	6	198	6	12	103	3	2	
Bowl	Fried Noodle w/ BBQ Pork	Japanese Red Miso Soup Noodle w/ Chicken (Pre-order Available)			Stir-fried Flat Rice Noodle w/ Chicken			Tteok-Bokki			Pho Thap Cam (Pre-order Available)					
	180	10	9	128	12	2	184	10	7	188	5	9	91	7	2	
Salad Box	Grilled Bacon Caesar	Japanese Soba Noodle in Yuzu Dressing			(V) Potato & Apple Salad in Thousand Island Dressing			Tuna Nicoise			(V) Japanese Cold U-don in Sesame Dressing					
	196	10	13	140	6	4	153	13	3	109	6	6	165	10	5	



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