



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 19 - 23

WEEKLY MENU



19/01 Monday

20/01 Tuesday

21/01 Wednesday

22/01 Thursday

23/01 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-style Curry Chicken w/ Rice 	Chicken Fricassee w/ Pasta OR Rice 	Thai-style Roasted Chicken Steak w/ Rice 	Spaghetti Carbonara 	Tori Karaage w/ Cross Trax Fries [\$47]
Meal B \$41 Takeaway \$38 Dine-in	Tomato & Beef Casserole w/ Pasta OR Rice 	Beef Rendang w/ Rice 	Braised Pork Chop w/ Tomato & Onion, Rice 	Braised Beef Brisket w/ Radish, Rice 	Baked Fish Fillet in Tomato Concasse w/ Rice OR Pasta
Meal C \$38 Takeaway \$35 Dine-in 	(Vegan) Sauteed String Bean w/ Dried Tofu, Rice 	(V) Stir-fried Egg Noodle w/ Assorted Organic Veggie 	(V) Mushroom Bourguignon Pasta 	(Vegan) Pumpkin Masala w/ Rice OR Pita Bread 	(V) Braised Assorted Vegetable w/ Red Fermented Bean Curd, 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) 	Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) 	Shanghainese Soup Noodle w/ Chicken (Pre-order Available) 	Taiwanese Braised Minced Pork & Boiled Egg w/ Rice
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LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36 	Smoked Salmon Caesar 	Potato & Chicken Salad in Thousand Island Dressing 	Mixed Kale Salad w/ Parma Ham 	(V) Mediterranean Chopped Salad in Italian Dressing 	Thai Beef Salad in Sweet Chili Sauce
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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 	Chicken & Mushroom 	Pepperoni & 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 19 - 23

WEEKLY MENU



		19/01 Monday			20/01 Tuesday			21/01 Wednesday			22/01 Thursday			23/01 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 Style Curry Chicken	Chicken Fricassee			Thai Style Roasted Chicken Steak			Spaghetti Carbonara			Tori Karaage w/ Cross Trax Fries					
	165	6	8	164	8	9	145	11	6	199	8	9	269	10	15	
Meal B	Tomato & Beef Casserole	Beef Rendang			Braised Pork Chop w/ Tomato & Onion			Braised Beef Brisket w/ Radish			Baked Fish Fillet in Tomato Concasse					
	129	9	4	174	8	12	151	12	6	124	10	5	144	11	4	
Meal C	Sauteed String Bean w/ Dried Tofu	Stir-fried Egg Noodle w/ Assorted Organic Veggie			Mushroom Bourguignon			Pumpkin Masala			Braised Assorted Veggie w/ Red Fermented Bean Curd					
	158	6	7	167	4	9	115	5	3	149	4	4	163	6	8	
Bowl	Yeung Chow Fried Rice	Japanese Char Siu Ramen			Taiwanese Soup Noodle w/ Beef Brisket			Shanghainese Soup Noodle w/ Chicken			Taiwanese Braised Minced Pork w/ Boiled Egg, Rice					
	139	6	7	211	12	12	124	10	5	128	11	5	144	7	7	
Salad Box	Smoked Salmon Caesar	Potato & Chicken Salad in Thousand Island Dressing			Mixed Kale Salad w/ Parma Ham			(V) Mediterranean Chopped Salad in Italian Dressing			Thai Beef Salad in Sweet Chili Sauce					
	171	9	12	141	2	13	185	8	13	150	2	11	110	5	5	



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