



KGV

**MAKE YOUR VOICE HEARD**  
Every voice matters

**GIVE YOUR FEEDBACK TO US**



SCAN THIS QR CODE    SPEAK TO A STAFF MEMBER

**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.

Feb 2 - 6

# WEEKLY MENU



02/02 Monday

03/02 Tuesday

04/02 Wednesday

05/02 Thursday

06/02 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 	Japanese Style Curry Chicken w/ Rice 	Lemongrass Pork Chop w/ Rice 	Bacon Mac & Cheese 	Roasted Chicken Steak in Gravy w/ Rice 	Tori Karaage w/ Cross Trax Fries [\$47] 
<b>Meal B</b> \$41 Takeaway \$38 Dine-in	Baked Fish Fillet in Tomato Concasse w/ Rice OR Pasta 	Creamy Tuscan Chicken w/ Pasta OR Rice 	Sauteed Beef w/ Assorted Mushroom, Rice 	Beef Bourguignon w/ Pasta OR Rice 	Tomato & Beef Casserole w/ Rice OR Pasta 
<b>Meal C</b> \$38 Takeaway \$35 Dine-in 	(V) Braised E-fu Noodle w/ Assorted Mushroom 	(Vegan) Channa Masala w/ Rice OR Pita Bread 	(V) Assorted Organic Veggie Ratatouille w/ Rice 	(Vegan) Sauteed String Bean & Dried Tofu w/ Rice 	(Vegan) Omni-Meat Mapo Tofu 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**

<b>Bowl</b> \$41 	BBQ Pork Fried Rice 	Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) 	Shanghainese Soup Noodle w/ Shredded Chicken (Pre-order Available) 	Seafood Laksa (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**

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

<b>Pizza A</b> \$30 	Ham & Cheese 	Carbonara Pizza 	Chicken & Mushroom 	Bacon & Cheese 	Pepperoni & Cheese 
<b>Pizza B</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



Feb 2 - 6

# WEEKLY MENU



02/02 Monday			03/02 Tuesday			04/02 Wednesday			05/02 Thursday			06/02 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)
<b>Meal A</b>	Japanese Style Curry Chicken w/ Rice			Lemongrass Pork Chop w/ Rice			Bacon Mac & Cheese			Roasted Chicken Steak in Gravy w/ Rice			Tori Karaage w/ Cross Trax Fries		
	152	10	8	155	7	5	201	7	12	143	10	4	269	10	15
<b>Meal B</b>	Baked Fish Fillet in Tomato Concasse w/ Rice OR Pasta			Creamy Tuscan Chicken w/ Pasta OR Rice			Sauteed Beef w/ Assorted Mushroom, Rice			Beef Bourguignon w/ Pasta OR Rice			Tomato & Beef Casserole w/ Rice OR Pasta		
	144	11	4	186	10	9	155	10	7	192	15	10	120	9	3
<b>Meal C</b>	(V) Braised E-fu Noodle w/ Assorted Mushroom			(Vegan) Channa Masala w/ Rice OR Pita Bread			(V) Assorted Organic Veggie Ratatouille w/ Rice			(Vegan) Sauteed String Bean & Dried Tofu w/ Rice			(Vegan) Omni-Meat Mapo Tofu w/ Rice		
	195	5	11	126	3	4	103	3	2	158	6	7	150	5	5
<b>Bowl</b>	BBQ Pork Fried Rice			Taiwanese Soup Noodle w/ Beef Brisket			Shanghainese Soup Noodle w/ Shredded Chicken			Seafood Laksa			Stir-fried Flat Rice Noodle w/ Pork		
	179	9	10	158	8	9	128	11	5	161	8	9	194	10	8
<b>Salad Box</b>	Grilled Bacon Caesar			Japanese Soba Noodle in Yuzu Dressing			Mixed Kale Salad w/ Parma Ham			(V) Mediterranean Chopped Salad in Italian Dressing			Potato & Chicken Salad in Thousand Island Dressing		
	196	10	13	140	6	4	185	8	13	150	2	11	175	10	13



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