



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 VEG 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.

March 2 - 6

WEEKLY MENU



02/03 Monday

03/03 Tuesday

04/03 Wednesday

05/03 Thursday

06/03 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 Green Curry Pork w/ Rice OR Pita Bread	Bacon Mac & Cheese	Teriyaki Chicken Steak w/ Rice	Lemongrass Pork Chop w/ Rice
Meal B \$41 Takeaway \$38 Dine-in	Braised Chicken & King Oyster Mushroom in Oyster Sauce w/ Rice	Hungarian Beef Goulash w/ Pasta OR Rice	Tomato & Chicken Casserole w/ Rice OR Pasta	Braised Beef Brisket w/ Radish, Rice	Baked Fish Florentine w/ Rice OR Pasta
Meal C \$38 Takeaway \$35 Dine-in	(Vegan) Channa Masala w/ Rice OR Pita Bread	(V) Braised Eggplant & Omni-Meat w/ Rice	(V) Braised E-fu Noodle w/ Assorted Mushroom	(V) Organic Trio Tomato Sauce Pasta	(V) Mexican Mixed Bean Stew 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 Red Miso Soup U-don w/ Chicken Steak (Pre-order Available)	Pho Thap Cam (Pre-order Available)	Northeastern Zha Jiang Mian	Chicken Laksa (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	Smoked Salmon Caesar	(V) Potato & Apple Salad in Thousand Island Dressing	Japanese Soba Noodle in Yuzu Dressing	Roasted Chicken Nicoise	Greek Salad
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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	(V) Trio Cheese	(V) Marinara	(V) Margherita	(V) Trio Cheese	(V) 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



Mar 2 - 6

WEEKLY MENU



	02/03 Monday			03/03 Tuesday			04/03 Wednesday			05/03 Thursday			06/03 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 Green Curry Pork			Bacon Mac & Cheese			Teriyaki Chicken Steak			Lemongrass Pork Chop		
	146	7	5	165	6	8	201	7	12	156	7	4	155	7	5
Meal B	Braised Chicken & King Oyster Mushroom in Oyster Sauce			Hungarian Beef Goulash			Tomato & Chicken Casserole			Braised Beef Brisket w/ Radish			Baked Fish Florentine		
	149	11	5	186	11	6	120	9	3	124	10	5	152	12	5
Meal C	(Vegan) Channa Masala			(Vegan) Braised Eggplant & Omni-Meat			(V) Braised E-fu Noodle w/ Assorted Vegetable			(V) Organic Trio Tomato Sauce Pasta			Mexican Mixed Bean Stew		
	126	3	4	194	9	9	195	5	11	150	5	3	145	6	6
Bowl	Yeung Chow Fried Rice			Japanese Red Miso Soup U-don w/ Chicken Steak			Pho Thap Cam			Northeastern Zha Jiang Mian			Chicken Laksa		
	139	6	7	128	12	2	91	7	2	168	6	9	178	7	10
Salad Box	Smoked Salmon Caesar			(V) Potato & Apple Salad in Thousand Island Dressing			Japanese Soba Noodle in Yuzu Dressing			Roasted Chicken Nicoise			Greek Salad		
	171	9	12	153	13	3	140	6	4	106	6	3	111	3	9



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