



KGV

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







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.

April 13 - 17

WEEKLY MENU



13/04 Monday

14/04 Tuesday

15/04 Wednesday

16/04 Thursday

17/04 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 | | Tomato & Chicken Casserole w/ Pasta | Bacon Mac & Cheese | Thai Green Curry Chicken w/ Rice OR Pita Bread | Teriyaki Chicken Steak w/ Rice |
| Meal B \$41 Takeaway \$38 Dine-in | | Double Cooked Pork Belly w/ Rice | Beef Bourguignon w/ Rice | Stir-fried Beef & Assorted Mushroom w/ Rice | Baked Fish Fillet in Tomato Concasse w/ Pasta |
| Meal C \$38 Takeaway \$35 Dine-in | | (Vegan) Channa Masala w/ Rice OR Pita Bread | (V) Braised White Gourd & Assorted Mushroom w/ Rice | (V) Porcini Mushroom Pasta | (Vegan) Braised Omni-Meat & 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

| | | | | | |
|---------------------|--|---|---|----------------|---|
| Bowl \$41 | | Taiwanese Dried Noodle w/ Beef Brisket | Stir-fried Flat Rice Noodle w/ Chicken | Zha Jiang Mian | Pao Fan [\$47] (Steamed Rice w/ Seafood in Prawn Stock) |
|---------------------|--|---|---|----------------|---|

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

| | | | | | |
|--------------------------|--|----------------------------|--|-------------------------|--|
| Salad Box \$36 | | Grilled Chicken Caesar | Japanese Soba Noodle in Yuzu Dressing | German Potato Salad | Mixed Kale Salad w/ Parma Ham in Italian Dressing |
|--------------------------|--|----------------------------|--|-------------------------|--|

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

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



Apr 13 - 17

WEEKLY MENU



| 13/04 Monday | | | 14/04 Tuesday | | | 15/04 Wednesday | | | 16/04 Thursday | | | 17/04 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 | | | | Tomato & Chicken Casserole w/ Pasta | | | Bacon Mac & Cheese | | | Thai Green Curry Chicken w/ Rice OR Pita Bread | | | Teriyaki Chicken Steak w/ Rice | | |
| | | | | 120 | 9 | 3 | 201 | 7 | 12 | 165 | 6 | 8 | 156 | 7 | 4 |
| Meal B | | | | Double Cooked Pork Belly w/ Rice | | | Beef Bourguignon w/ Rice | | | Stir-fried Beef & Assorted Mushroom w/ Rice | | | Baked Fish Fillet in Tomato Concasse w/ Pasta | | |
| | | | | 186 | 8 | 10 | 192 | 15 | 10 | 156 | 9 | 6 | 137 | 8 | 4 |
| Meal C | | | | (V) Channa Masala w/ Rice OR Pita Bread | | | (V) Braised White Gourd & Assorted Mushroom w/ Rice | | | (V) Porcini Mushroom Pasta | | | (Vegan) Braised Omni-Meat & Tofu w/ Rice | | |
| | | | | 126 | 3 | 4 | 118 | 4 | 6 | 175 | 8 | 9 | 150 | 5 | 5 |
| Bowl | | | | Taiwanese Dried Noodle w/ Beef Brisket | | | Stir-fried Flat Rice Noodle w/ Chicken | | | Zha Jiang Mian | | | Pao Fan (Steamed Rice w/ Seafood in Prawn Stock) | | |
| | | | | 158 | 9 | 6 | 154 | 9 | 5 | 168 | 6 | 9 | 141 | 6 | 5 |
| Salad Box | | | | Grilled Chicken Caesar | | | Japanese Soba Noodle in Yuzu Dressing | | | German Potato Salad | | | Mixed Kale Salad w/ Parma Ham in Italian Dressing | | |
| | | | | 110 | 17 | 5 | 140 | 6 | 4 | 194 | 10 | 9 | 185 | 8 | 13 |



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