



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
- VE VEGETARIAN
- VG 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.

April 20 - 24

# WEEKLY MENU



20/04 Monday

21/04 Tuesday

22/04 Wednesday

23/04 Thursday

24/04 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)**

<b>Meal A</b> \$41 Takeaway \$38 Dine-in	<b>Beef Bolognese Spaghetti</b>	<b>Galinda a Portuguesa (Portuguese Chicken) w/ Rice OR Pasta</b>	<b>Lemongrass Pork Chop w/ Rice</b>	<b>Grilled Chicken Steak in Gravy Sauce w/ Rice</b>	<b>Indian Chicken Masala w/ Rice OR Pita Bread</b>
<b>Meal B</b> \$41 Takeaway \$38 Dine-in	<b>Stir-fried Chicken &amp; Leek in Black Bean Sauce w/ Rice</b>	<b>Braised Beef Brisket w/ Radish, Rice</b>	<b>Beef Stroganoff w/ Pasta OR Rice</b>	<b>Hungarian Beef Goulash w/ Pasta OR Rice</b>	<b>Baked Fish Florentine w/ Pasta</b>
<b>Meal C</b> \$38 Takeaway \$35 Dine-in	<b>(Vegan) Pumpkin Masala w/ Rice Or Pita Bread</b>	<b>(V) Scrambled Egg &amp; Braised Tomato w/ Rice</b>	<b>(Vegan) Assorted Organic Veggie Ratatouille w/ Rice OR Pasta</b>	<b>(V) Braised E-fu Noodle w/ Assorted Mushroom</b>	<b>(Vegan) Sweet &amp; Sour Tofu w/ Rice</b>

**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	<b>Yeung Chow Fried Rice</b>	<b>Japanese Char Siu Ramen (Pre-order Available)</b>	<b>Chicken Laksa (Pre-order Available)</b>	<b>Tteok-Bokki</b>	<b>Stir-fried Flat Rice Noodle w/ Beef</b>
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**LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm**

<b>Salad Box</b> \$36	<b>Smoked Salmon Caesar</b>	<b>(V) Potato &amp; Apple Salad in Thousand Island Dressing</b>	<b>Roasted Chicken Nicoise</b>	<b>(V) Japanese Cold U-don in Sesame Dressing</b>	<b>Thai Beef Salad in Sweet Chili Sauce</b>
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**PIAZZA PIZZA | Monday: 12:00pm - 1:15pm; Tuesday to Friday: 1:00pm - 2:15pm**

<b>Pizza A</b> \$30	<b>Ham &amp; Cheese</b>	<b>Pepperoni &amp; Cheese</b>	<b>Bacon &amp; Cheese</b>	<b>Chicken &amp; Mushroom</b>	<b>Meat Lover</b>
<b>Pizza B (Vegetarian) \$30</b>	<b>(V) Trio Cheese</b>	<b>(V) Marinara</b>	<b>(V) Margherita</b>	<b>(V) Trio Cheese</b>	<b>(V) Marinara</b>



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 20 - 24

# WEEKLY MENU



20/04 Monday				21/04 Tuesday			22/04 Wednesday			23/04 Thursday			24/04 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)
<b>Meal A</b>	Beef Bolognaise Spaghetti			Galinda a Portuguesa (Portuguese Chicken) w/ Rice OR Pasta			Lemongrass Pork Chop w/ Rice			Grilled Chicken Steak in Gravy Sauce w/ Rice			Indian Chicken Masala w/ Rice OR Pita Bread		
	146	7	5	167	11	5	155	7	5	143	10	4	220	10	8
<b>Meal B</b>	Stir-fried Chicken & Leek in Black Bean Sauce w/ Rice			Braised Beef Brisket w/ Radish, Rice			Beef Stroganoff w/ Pasta OR Rice			Hungarian Beef Goulash w/ Pasta OR Rice			Baked Fish Florentine w/ Pasta		
	110	5	4	124	10	5	183	9	10	186	11	6	152	12	5
<b>Meal C</b>	(V) Pumpkin Masala w/ Rice Or Pita Bread			(V) Scrambled Egg & Braised Tomato w/ Rice			(V) Assorted Organic Veggie Ratatouille w/ Rice OR Pasta			(V) Braised E-fu Noodle w/ Assorted Mushroom			(Vegan) Sweet & Sour Tofu w/ Rice		
	149	4	4	190	5	7	103	3	2	195	5	11	134	6	4
<b>Bowl</b>	Yeung Chow Fried Rice			Japanese Char Siu Ramen (Pre-order Available)			Chicken Laksa (Pre-order Available)			Tteok-Bokki			Stir-fried Flat Rice Noodle w/ Beef		
	139	6	7	211	12	12	178	7	10	188	5	9	126	7	7
<b>Salad Box</b>	Smoked Salmon Caesar			(V) Potato & Apple Salad in Thousand Island Dressing			Roasted Chicken Nicoise			(V) Japanese Cold U-don in Sesame Dressing			Thai Beef Salad in Sweet Chili Sauce		
	171	9	12	141	2	13	106	6	3	165	10	5	110	5	5



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