



KGV

sodexo
at SCHOOL

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.

Apr 27 – May 1

WEEKLY MENU



27/04 Monday

28/04 Tuesday

29/04 Wednesday

30/04 Thursday

01/05 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 	Bacon Mac & Cheese 	Roasted Chicken Steak in Onion Sauce w/ Rice 	Malaysian Beef Rendang w/ Rice
Meal B \$41 Takeaway \$38 Dine-in	Tomato & Beef Casserole Pasta	Stir-fried Beef & Assorted Mushroom in Black Bean Sauce w/ Rice 	Stir-fried Kimchi & Pork Belly w/ Rice 	Baked Fish Fillet in Tomato Concasse w/ Pasta
Meal C \$38 Takeaway \$35 Dine-in 	(Vegan) Braised Eggplant & Omni-Meat w/ Rice 	(Vegan) Aloo Gobi w/ Rice OR Pita Bread 	(Vegan) Mexican Mixed Bean Stew w/ Pasta OR Pita Bread 	(V) Vegetarian Mee Goreng w/ Dried Tofu

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	Zha Jiang Mian	Japanese Red Miso Soup U-don w/ Chicken (Pre-order Available) 	Dried Taiwanese Noodle w/ Beef Brisket 	USA Fried Rice (Malaysian Fried Rice w/ Shrimp, Squid & Chicken)
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LEO'S Café | Monday: 7:00am - 3:00pm; Tuesday to Friday: 7:00am - 4:00pm

Salad Box \$36 	Grilled Bacon Caesar 	(V) Greek Salad 	Mixed Kale Salad w/ Parma Ham 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

Pizza A \$30 	Ham & Cheese 	Pepperoni & Cheese 	Bacon & Cheese 	Chicken & Mushroom
Pizza B (Vegetarian) \$30 	(V) Trio Cheese 	(V) Marinara 	(V) Margherita 	(V) Trio Cheese



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 27 – May 1

WEEKLY MENU



		27/04 Monday			28/04 Tuesday			29/04 Wednesday			30/04 Thursday			01/05 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 w/ Rice	Bacon Mac & Cheese			Roasted Chicken Steak in Onion Sauce w/ Rice			Malaysia Beef Rendang w/ Rice								
	165	6	8	201	7	12	143	10	4	176	8	12				
Meal B	Tomato & Beef Casserole Pasta	Stir-fried Beef & Assorted Mushroom in Black Bean Sauce w/ Rice			Stir-fried Kimchi & Pork Belly w/ Rice			Baked Fish Fillet in Tomato Concasse w/ Pasta								
	120	9	3	134	8	4	186	8	10	137	8	4				
Meal C	(V) Braised Eggplant & Omni-Meat w/ Rice	(V) Aloo Gobi w/ Rice OR Pita Bread			(V) Mexican Mixed Bean Stew w/ Pasta OR Pita Bread			(V) Vegetarian Mee Goreng w/ Dried Tofu								
	194	9	9	156	3	10	129	8	2	175	5	4				
Bowl	Zha Jiang Mian	Japanese Red Miso Soup U-don w/ Chicken (Pre-order Available)			Dried Taiwanese Noodle w/ Beef Brisket			USA Fried Rice (Malaysian Fried Rice w/ Shrimp, Squid & Chicken)								
	168	6	9	128	12	2	158	9	6	181	9	9				
Salad Box	Grilled Bacon Caesar	(V) Greek Salad			Mixed Kale Salad w/ Parma Ham in Italian Dressing			Potato & Chicken Salad in Thousand Island Dressing								
	196	10	13	111	3	9	185	8	13	175	10	13				



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