



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.

May 11 - 15

WEEKLY MENU



11/05 Monday

12/05 Tuesday

13/05 Wednesday

14/05 Thursday

15/05 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 	Braised Chicken Thigh in Sweetcorn Sauce w/ Rice 	Teriyaki Chicken Steak w/ Rice 	Bacon Mac & Cheese 	Indian Butter Chicken w/ Rice & Papadum [\$47]
Meal B \$41 Takeaway \$38 Dine-in	Wok-fried Beef & Assorted Mushroom w/ Rice	Baked Fish Fillet in Tomato Concasse w/ Pasta 	Creamy Pork & Mushroom Stew w/ Pasta 	Beef Bourguignon w/ Rice	Double Cooked Pork Belly w/ Rice
Meal C \$38 Takeaway \$35 Dine-in	(Vegan) Trio Tomato Pasta 	(Vegan) Mexican Mixed Bean Stew w/ Rice OR Pasta 	(Vegan) Braised Tofu & Assorted Organic Veggie w/ Rice 	(V) Braised Tomato & Scrambled Egg w/ Rice 	(V) Truffle Mushroom Pasta

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 	Stir-fried U-don w/ Beef	Taiwanese Soup Noodle w/ Beef Brisket (Pre-order Available) 	Chicken Laksa (Pre-order Available) 	Stir-fried Flat Rice Noodle w/ Seafood in Brown Sauce
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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 	Pasta Salad w/ Tuna in Vinaigrette 	Japanese Soba Noodle in Yuzu Dressing 	(V) Greek Salad 	Mixed Kale Salad w/ Parma Ham in Italian 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 	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



May 11 - 15

WEEKLY MENU



		11/05 Monday			12/05 Tuesday			13/05 Wednesday			14/05 Thursday			15/05 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	Braised Chicken Thigh in Sweetcorn Sauce w/ Rice			Teriyaki Chicken Steak w/ Rice			Bacon Mac & Cheese			Indian Butter Chicken w/ Rice & Papadum					
	165	6	8	152	11	6	156	7	4	201	7	12	177	7	8	
Meal B	Wok-fried Beef & Assorted Mushroom w/ Rice	Baked Fish Fillet in Tomato Concasse w/ Pasta			Creamy Pork & Mushroom Stew w/ Pasta			Beef Bourguignon w/ Rice			Double Cooked Pork Belly w/ Rice					
	166	11	8	137	8	4	168	10	7	192	15	10	186	8	10	
Meal C	(V) Trio Tomato Pasta	(V) Mexican Mixed Bean Stew w/ Rice OR Pasta			(V) Braised Tofu w/ Assorted Organic Veggie, Rice			(V) Braised Tomato & Scrambled Egg w/ Rice			(V) Truffle Mushroom Pasta					
	150	5	3	129	8	2	141	9	5	124	5	4	198	6	12	
Bowl	Yeung Chow Fried Rice	Stir-fried U-don w/ Beef			Taiwanese Soup Noodle w/ Beef Brisket			Chicken Laksa			Stir-fried Flat Rice Noodle w/ Seafood in Brown Sauce					
	139	6	7	166	10	8	158	8	9	178	7	10	198	10	10	
Salad Box	Grilled Bacon Caesar	Pasta Salad w/ Tuna in Vinaigrette			Japanese Soba Noodle in Yuzu Dressing			(V) Greek Salad			Mixed Kale Salad w/ Parma Ham in Italian Dressing					
	196	10	13	155	9	9	140	6	4	111	3	9	185	8	13	



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