

King George V School – August 2023

	21/08 Mon	22/08 Tue	23/08 Wed	24/08 Thu	25/08 Fri
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36	Yeung Chow fried rice 	Roasted chicken steak w/ gravy, steamed potatoes 	Sweet & sour pork chop w/ rice 	BBQ chicken leg w/ rice 	Thai green curry chicken w/ rice  
Main Entrée B \$36	Braised chicken in cream sauce w/ penne 	Pork & tomato casserole linguini  	Sole fillet Florentine w/ mashed potatoes  	Chorizo & mushroom fusilli  	Braised pork in sweet corn sauce w/ macaroni 
Main Entrée C (Vegetarian) \$33	(Vegan) Ratatouille w/ roasted potatoes 	(V) OmniPork Mapo tofu w/ rice 	(V) Pumpkin alfredo w/ spaghetti 	(Vegan) Channa masala w/ baguette  	(V) Tomato & beans stew w/ mashed potatoes 
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl A \$39	Japanese pork curry w/ rice 	Stir-fried flat rice noodles w/ beef 	Taiwanese braised minced pork rice w/ boiled egg 	Stir-fried noodles w/ pork 	Stir-fried glass noodles w/ beef 
Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm					
Salad \$36	Grilled bacon Caesar  	(V) Potato salad w/ Thousand Island dressing  	Thai pork jowl salad w/ sweet & sour dressing  	(V) OmniTuna pasta salad  	Japanese green tea soba 
Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Pizza A \$28	Ham & cheese 	BBQ chicken & mushroom 	Pepperoni & mushroom  	BBQ chicken & mushroom 	Meat lovers 
Pizza B (Vegetarian) \$28	(V) Pizza marinara 	(V) Trio cheese 	(V) Pizza marinara 	(V) Trio cheese 	(V) Pizza marinara 

A disposable levy charge of HK\$3 will be added when requesting for takeaway container & cutlery

 Vegan  Contains dairy  Contains egg  Mild-spicy

eat together

Nutrition Information (per 100g)	21/08 Mon			22/08 Tue			23/08 Wed			24/08 Thu			25/08 Fri		
	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)
Social Kitchen															
Main Entrée A	Yeung Chow fried rice			Roasted chicken steak w/ gravy, steamed potatoes			Sweet & sour pork chop w/ rice			BBQ chicken leg w/ rice			Thai green curry chicken w/ rice		
	132	6	3	140	10	4	149	8	6	140	10	4	152	7	4
Main Entrée B	Braised chicken in cream sauce w/ penne			Pork & tomato casserole linguini			Sole fillet Florentine w/ mashed potatoes			Chorizo & mushroom fusilli			Braised pork in sweet corn sauce w/ macaroni		
	158	8	5	134	6	5	143	8	5	134	4	6	140	8	4
Main Entrée C	(Vegan) Ratatouille w/ roasted potatoes			(V) OmniPork Mapo tofu w/ rice			(V) Pumpkin alfredo w/ spaghetti			(Vegan) Channa masala w/ baguette			(V) Tomato & beans stew w/ mashed potatoes		
	110	4	4	133	4	4	102	3	3	142	3	3	122	4	4
Bowl															
Bowl A	Japanese pork curry w/ rice			Stir-fried flat rice noodles w/ beef			Taiwanese braised minced pork rice w/ boiled egg			Stir-fried noodles w/ pork			Stir-fried glass noodles w/ beef		
	165	8	7	122	4	3	131	6	4	126	4	3	136	4	4
Leo's café															
Salad	Grilled bacon Caesar			(V) Potato salad w/ Thousand Island dressing			Thai pork jowl salad w/ sweet & sour dressing			(V) Omni Tuna pasta salad			Japanese green tea soba		
	190	8	4	126	2	4	122	8	5	129	6	4	86	2	2