

King George V School – August 2023

	28/08 Mon	29/08 Tue	30/08 Wed	31/08 Thu	01/09 Fri
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36	Chicken & pineapple fried rice 	Spaghetti Bolognese (beef) 	Roasted pork spareribs w/ potatoes 	Roasted chicken steak w/onion sauce, rice 	Classic hot dog @\$31  
Main Entrée B \$36	Creamy pork stew w/ butter potatoes 	Double cooked pork w/rice 	Creamy Tuscan chicken w/ penne 	Farfalle w/bacon & tomato 	Braised chicken w/ mushroom cream sauce, rice 
Main Entrée C (Vegetarian) \$33	(Vegan) Omni beef ragout w/ fusilli 	(V) Garlic mashed potato w/mushroom cream sauce 	Scrambled egg & tomato w/ rice 	(Vegan) Pumpkin masala w/pita bread  	(V) Mexican beans stew w/ macaroni 
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) Japanese cold udon w/ sesame dressing 	Tuna salad w/ Italian dressing 	(V) Greek salad 	Thai pork jowl salad w /sweet & sour dressing 
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  	Meat lovers 	Classic hot dog @\$31  
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

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Nutrition Information (Per 100g)	28/08 Mon			29/08 Tue			30/08 Wed			31/08 Thu			01/09 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	Chicken & pineapple fried rice			Spaghetti Bolognese (beef)			Roasted pork spareribs w/ potatoes			Roasted chicken steak w/onion sauce, rice			Classic hot dog		
	138	5	3	134	5	4	152	7	4	140	10	4	149	4	8
Main Entrée B	Creamy pork stew w/ butter potatoes			Double cooked pork w/rice			Creamy Tuscan chicken w/ penne			Farfalle w/bacon & tomato			Braised chicken w/ mushroom cream sauce, rice		
	158	7	5	156	8	6	158	6	5	131	5	4	155	7	5
Main Entrée C	(Vegan) Omni beef ragout w/ fusilli			(V) Garlic mashed potato w/mushroom cream sauce			Scrambled egg & tomato w/ rice			(Vegan) Pumpkin masala w/pita bread			(V) Mexican beans stew w/ macaroni		
	138	8	5	109	3	4	131	5	3	110	3	4	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) Japanese cold udon w/ sesame dressing			Tuna salad w/ Italian dressing			(V) Greek salad			Thai pork jowl salad w/sweet & sour dressing		
	190	8	4	137	3	5	131	6	4	101	4	4	122	8	5