

King George V School – September 2023

	04/09 Mon	05/09 Tue	06/09 Wed	07/09 Thu	08/09 Fri
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36	Classic Hot Dog @ \$31	Spaghetti Carbonara	Teriyaki chicken steak w/ rice	Beef Burgundy w/ penne	Indian chicken masala w/ rice
Main Entrée B \$36	Chicken a la king w/ fusilli	Braised chicken w/ Portuguese sauce, roasted potatoes	Mexican pork stew w/ macaroni	Roasted chicken drumstick w/ steamed potatoes	Fried sole fish fillet w/ sweetcorn sauce, rice
Main Entrée C (Vegetarian) \$33	(Vegan) Stir-fried OmniPork & assorted vegetables w/ rice	(V) Stir-fried edamame & bean curd stick w/ rice	(V) Baked creamy spinach & egg w/ mashed potatoes	(Vegan) Braised eggplant in Sichuan style w/ rice	(V) Spaghetti w/ tomato & zucchini
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl A \$39	Barbecued pork fried rice	Stir-fried flat rice noodles w/ beef	Taiwanese braised minced pork rice w/ boiled egg	Stir-fried noodles w/ pork	Stir-fried glass noodle 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	Classic Hot Dog @ \$31	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

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Nutrition Information (Per 100g)	04/09 Mon			05/09 Tue			06/09 Wed			07/09 Thu			08/09 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	Classic Hot Dog			Spaghetti Carbonara			Teriyaki chicken steak w/ rice			Beef Burgundy w/ penne			Indian chicken masala w/ rice		
	149	4	8	121	3	3	140	8	4	134	9	5	138	7	5
Main Entrée B	Chicken a la king w/ fusilli			Braised chicken w/ Portuguese sauce, roasted potatoes			Mexican pork stew w/ macaroni			Roasted chicken drumstick w/ steamed potatoes			Fried sole fish fillet w/ sweetcorn sauce, rice		
	112	4	2	135	6	4	131	8	4	135	7	5	142	6	6
Main Entrée C	(Vegan) Stir-fried OmniPork & assorted vegetables w/ rice			(V) Stir-fried edamame & bean curd stick w/ rice			(V) Baked creamy spinach & egg w/ mashed potatoes			(Vegan) Braised eggplant in Sichuan style w/ rice			(V) Spaghetti w/ tomato & zucchini		
	128	6	4	95	3	2	110	4	2	117	4	3	108	4	2
Bowl															
Bowl A	Barbecued pork fried 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		
	132	6	3	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