

King George V School – September 2023

	18/09 Mon	19/09 Tue	20/09 Wed	21/09 Thu	22/09 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 	Braised beef meatball in tomato sauce w/ spaghetti 	Chicken steak w/ Japanese curry, rice 	Bacon mac & cheese 	Fried chicken w/ honey mustard sauce, French fries @\$40  
Main Entrée B \$36	White chicken stew w/ fusilli 	Stir-fried chicken w/ black beans & bell pepper, rice 	Baked sole fillet w/ tomato & cheese, roasted potatoes  	Chicken & tomato casserole w/ mashed potatoes 	Braised beef brisket w/ radish, rice 
Main Entrée C (Vegetarian) \$33	(Vegan) OmniPork chilli con carne w/ rice 	(V) Pumpkin alfredo w/ mashed potatoes 	(V) Linguini w/ mushroom & spinach cream sauce 	(Vegan) OmniPork mapo tofu w/ rice 	(V) Penne Napolitano (tomato & olive) 
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 udon w/ beef 	Stir-fried rice vermicelli in Singaporean-style  	Stir-fried flat rice-noodle w/ beef 	Taiwanese braised minced pork rice w/ boiled egg 
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  	Meat lovers 	BBQ chicken & mushroom 
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)	18/09 Mon			19/09 Tue			20/09 Wed			21/09 Thu			22/09 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	Yeung Chow fried rice			Braised beef meatball in tomato sauce w/ spaghetti			Chicken steak w/ Japanese curry, rice			Bacon mac & cheese			Fried chicken w/ honey mustard sauce, French fries		
	132	6	3	134	5	4	140	10	4	145	4	6	210	8	7
Main Entrée B	White chicken stew w/ fusilli			Stir-fried chicken w/ black beans & bell pepper, rice			Baked sole fillet w/ tomato & cheese, roasted potatoes			Chicken & tomato casserole w/ mashed potatoes			Braised beef brisket w/ radish, rice		
	112	4	2	131	6	3	142	6	6	134	6	4	136	6	4
Main Entrée C	(Vegan) OmniPork chilli con carne w/ rice			(V) Pumpkin alfredo w/ mashed potatoes			(V) Linguini w/ mushroom & spinach cream sauce			(Vegan) OmniPork mapo tofu w/ rice			(V) Penne Napolitano (tomato & olive)		
	138	4	5	118	3	4	95	3	2	133	4	4	109	3	2
Bowl															
Bowl A	Japanese pork curry w/ rice			Stir-fried udon w/ beef			Stir-Fried rice vermicelli in Singaporean-style			Stir-fried flat rice-noodle w/ beef			Taiwanese braised minced pork rice w/ boiled egg		
	165	8	7	136	4	4	158	5	7	122	4	3	131	6	4
Leo's café															
Salad	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		
	190	8	4	126	2	4	122	8	5	129	6	4	86	2	2