

King George V School – September 2023

	25/09 Mon	26/09 Tue	27/09 Wed	28/09 Thu	29/09 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 	Sweet & sour pork w/ rice 	Spaghetti Bolognese (beef)	Indian chicken masala w/ rice 	Filet-O-Fish @\$28  
Main Entrée B \$36	Beef & tomato casserole w/ fusilli 	Creamy chicken casserole w/ linguini 	Fried sole fish fillet w/ sweetcorn sauce, rice 	Stir-fried pork chop w/ onion sauce, rice	Chicken & mushroom stew w/ rice 
Main Entrée C (Vegetarian) \$33	(Vegan) Braised tofu puff w/ assorted mushroom, rice 	(V) Vegetable stew w/ Portuguese sauce, roasted potatoes 	(V) Baked gnocchi w/ pumpkin cream sauce 	(Vegan) Mushroom bourguignon w/ roasted potatoes 	(V) Baked macaroni w/ tomato & cheese 
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 	Tteok-Bokki w/ fish cake (Korean spicy fried rice cake) 	Stir-fried Udon 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 	Pepperoni & mushroom  	BBQ chicken & mushroom 	Meat lovers 	Filet-O-Fish @\$28  
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)	25/09 Mon			26/09 Tue			27/09 Wed			28/09 Thu			29/09 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			Sweet & sour pork w/ rice			Spaghetti Bolognese (beef)			Indian chicken masala w/ rice			Filet-O-Fish		
	138	5	3	149	8	6	134	5	4	138	7	5	179	6	8
Main Entrée B	Beef & tomato casserole w/ fusilli			Creamy chicken casserole w/ linguini			Fried sole fish fillet w/ sweetcorn sauce, rice			Stir-fried pork chop w/ onion sauce, rice			Chicken & mushroom stew w/ rice		
	134	5	4	132	5	4	142	6	6	150	6	4	155	7	5
Main Entrée C	(Vegan) Braised tofu puff w/ assorted mushroom, rice			(V) Vegetable stew w/ Portuguese sauce, roasted potatoes			(V) Baked Gnocchi w/ pumpkin cream sauce			(Vegan) Mushroom bourguignon w/ roasted potatoes			(V) Baked macaroni w/ tomato & cheese		
	123	3	3	131	4	3	146	4	5	134	4	4	145	6	5
Bowl															
Bowl A	Japanese pork curry w/ rice			Stir-fried flat rice noodles w/ beef			Tteok-Bokki w/ fish cake (Korean spicy fried rice cake)			Stir-fried Udon w/ Beef			Taiwanese Braised Minced Pork Rice w/ Boiled Egg		
	165	8	7	122	4	3	160	4	4	136	4	4	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