

# King George V School – October 2023

fresh. healthy. tasty

by *sodexo*\*

	02/10 Mon	03/10 Tue	04/10 Wed	05/10 Thu	06/10 Fri
<b>Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm</b>					
<b>Main Entrée A \$36</b>		Grilled chicken steak w/ gravy, roasted potatoes	Spaghetti Carbonara	Teriyaki chicken steak w/ rice	Classic hot dog @\$31
<b>Main Entrée B \$36</b>		Stir-fried beef w/ leek, rice	Braised chicken w/ Portuguese sauce, butter potatoes	Penne w/ bacon & tomato	Thai red curry chicken w/ rice
<b>Main Entrée C (Vegetarian) \$33</b>		(V) Fusilli w/ spinach cream sauce	(V) Scrambled egg & tomato w/ rice	(Vegan) Stir-fried edamame & bean curd stick w/ rice	(V) Mushroom Alfredo w/ farfalle
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Bowl A \$39</b>		Taiwanese braised minced pork rice w/ boiled egg	Stir-fried flat rice noodles w/ beef	Japanese pork curry w/ rice	Stir-fried Udon w/ beef
<b>Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm</b>					
<b>Salad \$36</b>		(V) Japanese cold udon w/ sesame dressing	Tuna salad w/ Italian dressing	(V) Greek salad	Thai pork jowl salad w/ sweet & sour dressing
<b>Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Pizza A \$28</b>		BBQ chicken & mushroom	Pepperoni & mushroom	Meat lovers	Classic hot dog @\$31
<b>Pizza B (Vegetarian) \$28</b>		(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)	02/10 Mon			03/10 Tue			04/10 Wed			05/10 Thu			06/10 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)
<b>Social Kitchen</b>															
<b>Main Entrée A</b>				Grilled chicken steak w/ gravy, roasted potato			Spaghetti Carbonara			Teriyaki chicken steak w/ rice			Classic Hot Dog		
				140	10	4	121	3	3	140	8	4	266	12	12
<b>Main Entrée B</b>				Stir-fried beef w/ leek, rice			Braised chicken w/ Portuguese sauce, butter potato			Penne w/ bacon & tomato			Thai red curry chicken w/ rice		
				138	8	3	135	6	4	148	6	4	154	7	4
<b>Main Entrée C</b>				(V) Fusilli w/ spinach cream sauce			(V) Scrambled egg w/ tomato, rice			(Vegan) Stir-fried edamame & bean curd stick w/ rice			(V) Mushroom Alfredo w/ farfalle		
				95	3	2	147	5	5	95	3	2	102	3	2
<b>Bowl</b>															
<b>Bowl A</b>				Taiwanese Braised Minced Pork Rice w/ Boiled Egg			Stir-fried flat rice noodles w/ beef			Japanese pork curry w/ rice			Stir-fried Udon w/ Beef		
				131	6	4	122	4	3	165	8	7	136	4	4
<b>Leo's café</b>															
<b>Salad</b>				(V) Japanese cold udon w/ sesame dressing			Tuna salad w/ Italian dressing			(V) Greek salad			Thai pork jowl salad w/ sweet & sour dressing		
				137	3	5	131	6	4	101	4	4	122	8	5

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