

# King George V School – October 2023

fresh. healthy. tasty

by *sodexo*\*

	09/10 Mon	10/10 Tue	11/10 Wed	12/10 Thu	13/10 Fri
<b>Social Kitchen - Monday: 10:15am to 2:30pm; Tuesday to Friday: 10:45am to 2:30pm</b>					
<b>Main Entrée A \$36</b>	Barbecued pork fried rice 	Grilled chicken steak in onion sauce w/ rice	Spaghetti w/ tomato & beef stew	Roasted chicken drumstick w/ buttered potato 	Pork cutlet w/ Tonkatsu sauce, rice 
<b>Main Entrée B \$36</b>	Spaghetti w/ Tuscan chicken stew 	Braised pork ribs w/ dark vinegar, rice	Stir-fried chicken w/ assorted vegetables, rice	Mapo tofu w/ rice (Minced pork and tofu) 	Chicken & tomato casserole w/macaroni
<b>Main Entrée C (Vegetarian) \$33</b>	(Vegan) Channa masala w/ rice 	(V) Tomato & cheese lasagna  	(V) Baked gnocchi w/ spinach cream sauce 	(Vegan) Mexican bean stew w/ fusilli 	(V) Roasted potato w/ mushroom truffle cream sauce 
<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 	Tteok-Bokki w/ fish cake (Korean spicy fried rice cake) 
<b>Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm</b>					
<b>Salad \$36</b>	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 
<b>Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Pizza A \$28</b>	Ham & cheese 	BBQ chicken & mushroom 	Pepperoni & mushroom  	Bacon & cheese 	Meat lovers 
<b>Pizza B (Vegetarian) \$28</b>	(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)	09/10 Mon			10/10 Tue			11/10 Wed			12/10 Thu			13/10 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>	Barbecued pork fried rice			Grilled chicken steak in onion sauce w/ rice			Spaghetti w/ tomato & beef stew			Roasted chicken drumstick w/ buttered potato			Pork cutlet in Tonkatsu sauce w/ rice		
	132	6	3	140	10	4	134	5	4	135	7	5	157	8	6
<b>Main Entrée B</b>	Spaghetti w/ Tuscan chicken stew			Braised pork rib in dark vinegar w/ rice			Stir-fried chicken w/ assorted vegetable, rice			Mapo tofu w/ rice (Minced pork & tofu)			Chicken & tomato casserole w/ macaroni		
	134	6	5	158	8	6	138	6	3	142	6	4	138	5	4
<b>Main Entrée C</b>	(Vegan) Channa masala w/ rice			(V) Tomato & Cheese lasagna			(V) Baked gnocchi w/ spinach cream sauce			(Vegan) Mexican bean stew w/ fusilli			(V) Roasted Potato w/ mushroom truffle cream sauce		
	147	3	3	129	6	4	121	3	4	123	4	4	98	3	3
<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			Tteok-Bokki w/ fish cake (Korean spicy fried rice cake)		
	131	6	4	122	4	3	165	8	7	136	4	4	160	4	4
<b>Leo's café</b>															
<b>Salad</b>	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

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