

King George V School – October 2023

fresh. healthy. tasty

by *sodexo**

	16/10 Mon	17/10 Tue	18/10 Wed	19/10 Thu	20/10 Fri
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36	Chicken fried rice Indonesian style 	BBQ pork (Char Siu) w/ rice	Grilled chicken steak w/ gravy, rice	Bacon mac & cheese 	Fried chicken w/ honey mustard sauce, French fries @\$40  
Main Entrée B \$36	Beef stroganoff w/ rice 	Chicken & tomato stew w/ mashed potato 	Spaghetti w/ chorizo & mushroom casserole	Baked sole fillet w/ tomato & cheese, mashed potato  	Braised beef brisket w/ radish, rice
Main Entrée C (Vegetarian) \$33	(Vegan) Ratatouille w/ fusilli 	(V) Penne w/ pumpkin Alfredo sauce  	(V) Braised OmniMeatball w/ sweet & sour sauce, rice	(Vegan) Braised wheat gluten w/ assorted vegetables, rice 	(V) Tomato & cheese lasagna  
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl A \$39	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) 
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 	Bacon & cheese 
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

King George V School – October 2023

fresh. healthy. tasty

by *sodexo**

Nutrition Information (Per 100g)	16/10 Mon			17/10 Tue			18/10 Wed			19/10 Thu			20/10 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)
Social Kitchen															
Main Entrée A	Chicken fried rice (Indonesian style)			BBQ Pork (Char Siu) w/ rice			Grilled chicken steak w/ gravy, rice			Bacon mac & cheese			Fried chicken w/ honey mustard sauce, French fries		
	148	6	6	132	6	3	155	7	5	145	6	5	210	8	7
Main Entrée B	Beef Stroganoff w/ rice			Chicken & tomato stew w/ mashed potato			Spaghetti w/ chorizo & mushroom casserole			Baked sole fillet w/ tomato & cheese, mashed potato			Braised beef brisket w/ radish, rice		
	163	10	6	140	10	4	134	4	6	143	8	5	136	6	4
Main Entrée C	(Vegan) Ratatouille w/ fusilli			(V) Penne w/ pumpkin Alferdo sauce			(V) Braised Omni Meatball w/ sweet & sour sauce, rice			(Vegan) Braised wheat gluten w/ assorted vegetable, rice			(V) Tomato & cheese lasagna		
	118	3	3	95	3	2	134	4	6	125	4	4	129	6	4
Bowl															
Bowl A	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
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

eat together