

King George V School – November 2023

fresh. healthy. tasty

by *sodexo**

	06/11 Mon	07/11 Tue	08/11 Wed	09/11 Thu	10/11 Fri (Diwali)
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36 (Dine-in) \$39 (Takeaway)		Grilled chicken steak w/ onion gravy, rice	Sweet & sour pork w/ rice	Spaghetti Bolognese (Beef)	Indian butter chicken w/ rice
Main Entrée B \$36 (Dine-in) \$39 (Takeaway)		Braised beef w/ Portuguese sauce, fusilli	Chicken stew w/ farfalle	Stir-fried chicken w/ black bean & bell pepper, rice	Fish Molee w/ spicy potato
Main Entrée C (V) \$33 (Dine-in) \$36 (Takeaway)		(V) Scrambled egg & tomato w/ rice	(V) OmniBeef shepherd's pie	(Vegan) Mushroom bourguignon w/ roasted potato	(Vegan) Assorted vegetable Biryani w/ yellow Dhal
Bowl – Monday: 10:30am – 2:15pm; Tuesday to Friday: 10:55am to 2:15pm					
Bowl A \$39 (Takeaway only)		Japanese pork curry w/ rice	Stir-fried flat rice noodle w/ beef	Taiwanese braised minced pork rice w/ boiled egg	Stir-fried Udon w/ beef
Leo's Café (Aspretto) – Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:00pm					
Salad \$36 (Takeaway only)		(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		BBQ chicken & mushroom	Pepperoni & mushroom	Bacon & cheese	Meat lovers
Pizza B (Veg) \$28		(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)	06/11 Mon			07/11 Tue			08/11 Wed			09/11 Thu			10/11 Fri (Diwali)		
	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				Grilled chicken steak w/ onion gravy, rice			Sweet & sour pork w/ rice			Spaghetti Bolognese (Beef)			Indian butter chicken w/ rice		
				155	7	5	149	8	6	134	5	4	155	7	5
Main Entrée B				Braised beef w/ Portuguese sauce, fusilli			Chicken stew w/ farfalle			Stir-fried chicken w/ black bean, bell pepper & rice			Fish Molee w/ spicy potato		
				134	9	5	112	4	2	130	8	4	120	5	5
Main Entrée C				(V) Scrambled egg & tomato w/ rice			(V) OmniBeef shepherd's pie			(Vegan) Mushroom bourguignon w/ roasted potato			(Vegan) Assorted vegetable biryani w/ yellow Dhal		
				131	5	3	133	8	4	121	4	4	88	4	4
Bowl															
Bowl A				Japanese pork curry w/ rice			Stir-fried flat rice noodles w/ beef			Taiwanese braised minced pork w/ rice & boiled egg			Stir-fried Udon w/ Beef		
				165	8	7	122	4	3	131	6	4	136	4	4
Leo's café															
Salad				(V) Potato salad w/ Thousand island dressing			Thai pork jowl salad w/ sweet & sour dressing			(V) OmniTuna pasta salad			Japanese green tea soba		
				126	2	4	122	8	5	129	6	4	86	2	2

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