

# King George V School – November 2023

	13/11 Mon	14/11 Tue	15/11 Wed (Northeast China Promotion)	16/11 Thu	17/11 Fri
<b>Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm</b>					
<b>Main Entrée A</b> \$36 (Dine-in) \$39 (Takeaway)	Yeung Chow fried rice 	Grilled chicken steak w/ BBQ sauce, rice	<b>Northeastern hotchpotch (Braised pork belly w/ rice (東北亂炖))</b>	Gyudon (Japanese beef rice w/ onion)  	Filet-O-Fish \$28 (Takeaway Only)  
<b>Main Entrée B</b> \$36 (Dine-in) \$39 (Takeaway)	Chicken a la king w/ rice 	Lemongrass pork chop w/ rice	Chicken & tomato casserole w/ fusilli	Baked sole fillet w/ tomato & cheese, spaghetti  	Thai green curry chicken w/ rice  
<b>Main Entrée C(V)</b> \$33 (Dine-in) \$36 (Takeaway)	(Vegan) OmniBeef chili con carne w/ penne 	(V) Gnocchi w/ pumpkin alfredo sauce 	(V) Garlic mashed potato w/ spinach cream sauce 	(Vegan) OmniPork Mapo tofu w/ rice 	(V) Macaroni w/ truffle cream sauce 
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Bowl A</b> \$39 (Takeaway Only)	Japanese pork curry w/ rice 	Stir-fried flat rice noodles w/ beef 	<b>Stir-fried noodle w/ meat sauce &amp; soya bean paste (炸醬麵)</b>	Taiwanese braised minced pork rice w/ boiled egg 	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</b> \$36 (Takeaway Only)	Grilled bacon Caesar  	(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</b> \$28	BBQ chicken & mushroom 	Ham & cheese 	Pepperoni & mushroom  	Meat lovers 	Filet-O-Fish \$28 (Takeaway Only)  
<b>Pizza B (Veg)</b> \$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

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fresh. healthy. tasty

by *sodexo*\*

Nutrition Information (per 100g)	13/11 Mon			14/11 Tue			15/11 Wed			16/11 Thu			17/11 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>	Yeung Chow fried rice			Grilled chicken steak w/ BBQ sauce, rice			Northeastern hotchpotch (Braised pork belly) w/ rice			Gyudon (Japanese beef rice w/ onion)			Filet-O-Fish		
	132	6	3	140	10	4	155	7	7	146	7	4	179	6	8
<b>Main Entrée B</b>	Chicken a la king w/ rice			Lemongrass pork chop w/ rice			Chicken & tomato casserole w/ fusilli			Baked sole fillet w/ tomato & cheese, spaghetti			Thai green curry chicken w/ rice		
	112	6	4	143	10	4	135	5	4	142	6	6	152	7	4
<b>Main Entrée C</b>	(Vegan) OmniBeef chili-concarne w/ penne			(V) Gnocchi w/ pumpkin Alfredo sauce			(V) Garlic mashed potato w/ spinach cream sauce			(Vegan) OmniPork Mapo tofu w/ rice			(V) Macaroni w/ truffle cream sauce		
	123	4	4	121	3	4	109	3	4	133	4	4	144	5	5
<b>Bowl</b>															
<b>Bowl A</b>	Japanese pork curry w/ rice			Stir-fried flat rice noodles w/ beef			Noodle w/ fried bean & meat sauce			Taiwanese braised minced pork rice w/ boiled egg			Stir-fried udon w/ beef		
	165	8	7	122	4	3	140	4	2	131	6	4	136	4	4
<b>Leo's café</b>															
<b>Salad</b>	Grilled bacon Caesar			(V) Japanese cold udon w/ sesame dressing			Tuna salad w/ Italian dressing			(V) Greek salad			Thai pork jowl salad w/ sweet & sour dressing		
	190	8	4	137	5	5	131	6	4	101	4	4	122	8	5

eat together