

# King George V School – December 2023

fresh. healthy. tasty

	04/12 Mon	05/12 Tue Learning Review Day	06/12 Wed	07/12 Thu	08/12 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 		Teriyaki chicken w/ rice	Beef meatball spaghetti in tomato sauce 	Grilled chicken steak w/ gravy, rice
<b>Main Entrée B</b> \$36 (Dine-in) \$39 (Takeaway)	Chicken a la king w/ rice 		Pork & mushroom casserole w/ linguini 	Stir-fried chicken w/ black bean & bell pepper, rice 	Tomato & bacon stew w/ macaroni
<b>Main Entrée C(V)</b> \$33 (Dine-in) \$36 (Takeaway)	(Vegan) Tuscan bean stew w/ fusilli 		(V) Scrambled egg & tomato w/ rice 	<b>(Vegan) Shiitake Lentil Bolognese w/ rice</b> 	(V) Assorted vegetables frittata w/ mashed potato  
<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-noodle w/ beef 	Chicken laksa 	Phở bò (Vietnamese soup noodle 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  		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</b> \$28	Ham & cheese 		Pepperoni & mushroom  	Meat lovers 	Bacon & Cheese 
<b>Pizza B (Veg)</b> \$28	(V) Pizza marinara 		(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)	04/12 Mon			06/12 Wed			07/12 Thu			08/12 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)		
<b>Social Kitchen</b>														
<b>Main Entrée A</b>	Yeung chow fried rice			Teriyaki chicken w/ rice			Beef meatball spaghetti in tomato sauce			Grilled chicken steak w/ gravy, rice				
	132	6	3				155	7	5	95	3	2	140	8
<b>Main Entrée B</b>	Chicken a la king w/ rice			Pork & mushroom casserole w/ linguini			Stir-fried chicken w/ black bean & bell pepper, rice			Tomato & bacon stew w/ macaroni				
	158	6	5				128	4	4	138	6	3	131	8
<b>Main Entrée C</b>	(Vegan) Tuscan bean stew w/ fusilli			(V) Scrambled egg & tomato w/ rice			(Vegan) Shiitake lentil bolognaise w/ rice			(V) Assorted vegetable frittata w/ mashed potato				
	118	3	3				131	5	3	122	3	4	128	4
<b>Bowl</b>														
<b>Bowl A</b>	Japanese pork curry w/ rice			Stir-fried flat rice-noodle w/ beef			Chicken laksa			Phở bò (Vietnamese soup noodle w/ beef)				
	165	8	7				122	4	3	132	6	4	126	4
<b>Leo's café</b>														
<b>Salad</b>	Grilled bacon Caesar			Thai pork jowl salad w/ sweet & sour dressing			(V) OmniTuna pasta salad			Japanese green tea soba				
	190	8	4				122	8	5	129	6	4	86	2

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