

King George V School – January 2024

fresh. healthy. tasty

	15/01 Mon	16/01 Tue	17/01 Wed	18/01 Thu	19/01 Fri
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Entrée A \$36 (Dine-in) \$39 (Takeaway)	Nasi Goreng (Indonesian chicken fried rice)	BBQ pork (Char Siu) w/ rice	Grilled chicken steak w/ gravy, rice	Bacon mac & cheese	Filet-O-Fish \$28 (Takeaway Only)
Main Entrée B \$36 (Dine-in) \$39 (Takeaway)	Beef stroganoff w/ rice	White chicken stew w/ spaghetti	Braised diced pork in sweetcorn sauce w/ rice	Stir-fried chicken w/ chili bean sauce, rice	Braised chicken w/ Portuguese sauce, rice
Main Entrée C(V) \$33 (Dine-in) \$36 (Takeaway)	(Vegan) Mushroom bourguignon w/ fusilli	(V) Gnocchi w/ spinach cream sauce	(V) Penne in truffle cream sauce	(Vegan) Shiitake Lentil Bolognaise w/ rice	(V) Scrambled egg & tomato w/ rice
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl A \$39 (Takeaway Only)	Japanese pork curry w/ rice	Chicken laksa	Phở bò (Vietnamese soup noodle w/ beef)	Noodle w/ fried bean & meat sauce (ZhaJiangMian)	Stir-fried flat rice noodles w/ beef
Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm					
Salad \$36 (Takeaway Only)	Grilled bacon Caesar	(V) Potato salad w/ Thousand Island dressing	Roasted chicken 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	Meat lover	BBQ chicken & mushroom	Pepperoni & mushroom	Filet-O-Fish \$28 (Takeaway Only)
Pizza B (Veg) \$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

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Nutrition Information (per 100g)	15/01 Mon			16/01 Tue			17/01 Wed			18/01 Thu			19/01 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	Nasi Goreng (Indonesian chicken fried rice)			BBQ Pork (Char Siu) w/ rice			Grilled chicken steak w/ gravy, rice			Bacon mac & cheese			Filet-O-Fish		
	140	6	3	132	6	3	140	10	4	145	6	5	160	3	4
Main Entrée B	Beef stroganoff w/ rice			White chicken stew w/ spaghetti			Braised diced pork in sweetcorn sauce w/ rice			Stir-fried chicken w/ chili bean sauce, rice			Braised chicken w/ Portuguese sauce, rice		
	134	9	5	158	8	5	140	8	4	158	8	5	135	6	4
Main Entrée C	(Vegan) Mushroom bourguignon w/ fusilli			(V) Gnocchi w/ spinach cream sauce			(V) Penne in Truffle cream sauce			(Vegan) Shiitake Lentil Bolognese w/ rice			(V) Scrambled egg & tomato w/ rice		
	121	4	4	121	3	4	120	3	4	118	4	4	131	5	3
Bowl															
Bowl A	Japanese pork curry w/ rice			Chicken laksa			Phở bò (Vietnamese soup noodle w/ beef)			Noodle w/ fried bean & meat sauce (ZhajiangMian)			Stir-fried flat rice-noodle w/ beef		
	165	8	7	142	6	4	112	6	2	140	4	6	122	4	3
Leo's café															
Salad	Grilled bacon Caesar			(V) Potato salad w/ Thousand Island dressing			Roasted chicken salad w/ sweet & sour dressing			(V) OmniTuna pasta salad			Japanese green tea soba		
	190	8	4	126	2	4	140	4	4	129	6	4	86	2	2

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