King George V School – January - February 2024

SOCIAL KITCHEN

fresh. healthy. tasty

by **sodexo**

	29/01 Mon	30/01 Tue	31/01 Wed	01/02 Thu	02/02 Fri
Social Kitchen - N	/londay: 10:15am to 1:30	pm; Tuesday to Friday: 1	l0:45am to 2:30pm		
Main Entrée A Dine-in: \$36 Takeaway: \$39	Chicken & pineapple fried rice	Spaghetti Carbonara	Roasted chicken steak w/ gravy, rice	Beef masala w/ rice	Fish & chips (Deep-fried Fish Fillet) (D)\$42; (T)\$45
Main Entrée B Dine-in: \$36 Takeaway: \$39	Beef & tomato casserole w/ linguini or rice	Braised chicken in Portuguese sauce w/ rice	Braised pork sparerib in dark vinegar w/ rice	Stir-fried chicken w/ assorted mushroom, rice	Beef shepherd's pie
Main Entrée C(V) Dine-in: \$33 Takeaway: \$36	(Vegan) Braised eggplant in Sichuan style w/ rice	(V) Stir-fried OmniPork w/ green bean & egg, rice	(V) Fusilli in truffle cream sauce	(Vegan) Tuscan bean stew w/ penne or rice	(V) Baked vegetable in cheese sauce w/ macaroni
Bowl - Monday: 1	2:15pm to 1:15pm; Tues	day 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)	Shanghainese soup noodle w/ pork chop	Taiwanese braised minced pork rice w/ boiled egg
Leo's café - Mono	day: 7:30am to 3:00pm;	Tuesday to Friday: 7:30a	m to 4:15pm		
Salad Box \$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 - Mo	onday: 12:15pm to 1:15pr	n; Tuesday to Friday: 1:1	5pm to 2:15pm		
Pizza A \$28	Ham & cheese	BBQ chicken & mushroom	Pepperoni & mushroom	Meat lover	Bacon & Cheese
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)	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		1			1		1					1			
Main Entrée A	Chicken & pineapple fried rice			Spaghetti Carbonara		Roasted chicken steak w/ gravy, rice		Beef masala w/ rice		Fish & Chips (Deep-fried Fish Fillet)					
	142	6	4	121	3	3	140	10	4	138	7	4	172	8	7
Main Entrée B	Beef & tomato casserole w/ linguini or rice			Braised chicken in Portuguese sauce w/ rice		Braised pork spareribs in dark vinegar w/ rice		Stir-fried chicken w/ assorted mushroom, rice		Beef shepherd's pie					
	134	5	4	158	8	5	143	8	5	136	6	4	133	8	4
Main Entrée C	(Vegan) Braised eggplant in Sichuan style w/ rice			(V) Stir-fried Omni Pork w/ green bean & egg, rice		(V) Fusilli in Truffle cream sauce		(Vegan) Tuscan bean stew w/ penne or rice		(V) Baked vegetable in cheese sauce, macaroni					
	123	4	3	113	3	4	138	5	4	95	3	2	136	5	4
Bowl															
Bowl A	Japanese pork curry w/ rice			Chicken laksa		Phở bò (Vietnamese soup noodle w/ beef)		Shanghainese soup noodle w/ pork chop		Taiwanese minced pork rice w/ boiled egg					
	165	8	7	142	6	4	112	6	2	142	6	4	131	6	4
Leo's café															
Salad	Grilled bacon Caesar			(V) Potato salad w/ Thousand Island dressing		Grilled 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

39) together