

# King George V School – February- March 2024

# SOCIAL KITCHEN

fresh. healthy. tasty

by *sodexo*

T: Takeaway; D: Dine-in

	26/02 Mon	27/02 Tue	28/02 Wed	29/02 Thu	01/03 Fri
<b>Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm</b>					
<b>Main Entrée A (T: \$39; D: \$36)</b>	Nasi Goreng (Indonesian chicken fried rice) 	Sweet & sour pork w/ rice 	Thai chicken curry w/ rice 	Boeuf Bourguignon (beef stew in red wine) w/ rice 	<b>Fried chicken w/ F.F., honey mustard sauce (T: \$45; D: \$42)</b>  
<b>Main Entrée B (T: \$39; D: \$36)</b>	Beef stroganoff w/ spaghetti 	Baked sole fillet w/ Portuguese sauce, rice  	Lemongrass pork chop w/ rice 	Chicken & mushroom casserole w/ penne 	Stir-fried pork & vegetable w/ chili bean sauce, rice 
<b>Main Entrée C(V) (T: \$36; D: \$33)</b>	<b>(Vegan) Shiitake Lentil Bolognese w/ rice</b> 	(V) Farfalle w/ truffle cream sauce 	(V) Pumpkin Alfredo Gnocchi 	<b>(Vegan) OmniPork Mapo tofu w/ rice</b> 	(V) Baked macaroni w/ tomato & cheese 
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Bowl A \$39 Takeaway ONLY</b>	Japanese pork curry w/ rice 	Chicken laksa 	Noodle w/ fried bean & meat sauce <b>(ZhajiangMian)</b>	Japanese Chashu Ramen	Stir-fried flat rice noodles w/ beef 
<b>Leo's café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm</b>					
<b>Salad Box \$36 Takeaway ONLY</b>	Grilled bacon Caesar 	(V) Japanese cold udon w/ sesame dressing 	Tuna salad w/ Italian dressing 	(V) Greek salad 	Grilled chicken 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 \$28 Grab &amp; Go ONLY</b>	Ham & cheese 	BBQ chicken & mushroom 	Pepperoni & mushroom 	Meat lovers 	Bacon & Cheese 
<b>Pizza B (Veg) \$28 Grab &amp; Go ONLY</b>	(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



Nutrition Information (per 100g)	26/02 Mon			27/02 Tue			28/02 Wed			29/02 Thu			01/03 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>	Nasi goreng			Sweet & sour pork w/ rice			Thai chicken curry w/ rice			Boeuf bourguignon w/ rice			Fried chicken w/ ff, honey mustard sauce		
	132	6	3	149	8	6	152	7	4	134	9	5	180	6	6
<b>Main Entrée B</b>	Beef stroganoff w/ spaghetti			Baked sole fillet w/ Portuguese sauce, rice			Lemongrass pork chop w/ rice			Chicken & mushroom casserole w/ penne			Stir-fried pork & vegetable w/ chili bean sauce, rice		
	134	9	5	143	8	5	160	8	6	138	5	4	160	8	6
<b>Main Entrée C</b>	(Vegan) Shiitake Lentil Bolognese w/ rice			(V) Farfalle w/ Truffle cream sauce			(V) Pumpkin Alfredo Gnocchi			(Vegan) OmniPork Mapo tofu w/ rice			(V) Baked macaroni w/ tomato & cheese		
	103	4	4	110	3	3	102	3	3	133	4	4	129	6	4
<b>Bowl</b>															
<b>Bowl A</b>	Japanese pork curry w/ rice			Chicken laksa			Noodle w/ fried bean & meat sauce (ZhaJiangMian)			Japanese Chashu ramen			Stir-fried flat rice noodle w/ beef		
	165	8	7	142	6	4	140	4	6	166	6	4	122	4	3
<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			Grilled chicken salad w/ sweet & sour dressing		
	190	8	4	137	5	5	131	6	4	101	4	4	140	4	4