## King George V School – March 2024

## SOCIAL KITCHEN

fresh. healthy. tasty

by **sodex** 

T: Takeaway: D: Dine-in

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	04/03 Mon	05/03 Tue	06/03 Wed	07/03 Thu	08/03 Fri		
Social Kitchen - N	Monday: 10:15am to 1:30	pm; Tuesday to Friday: 1	0:45am to 2:30pm				
Main Entrée A (T: \$39; D: \$36)	Barbecued pork fried rice	Roasted chicken steak in gravy w/ rice	Bacon mac & cheese	Tteok-bokki (Korean spicy fried rice cake)	Pork cutlet w/ Tonkatsu sauce, rice (T: \$45; D: \$42)		
Main Entrée B (T: \$39; D: \$36)	Portuguese coconut chicken w/ rice	Stir-fried beef & leek w/ rice	Fish molee w/ rice	Chicken a-la-king w/ rice	Stir-fried chicken w/ assorted vegetable, rice		
Main Entrée C(V) (T: \$36; D: \$33)	(Vegan) OmniBeef chili-con-carne w/ fusilli	(V) Linguini w/ spinach cream sauce	(V) Scrambled egg & tomato w/ rice	(Vegan) Tuscan bean stew w/ rice	(V) Tomato lasagna		
Bowl - Monday:	12:15pm to 1:15pm; Tueso	day to Friday: 1:15pm to	2:15pm				
Bowl A \$39 Takeaway ONLY	Japanese pork curry w/ rice	Japanese Cha Shu Ramen	Noodle w/ fried bean & meat sauce (ZhaJiangMian)	Chicken laksa	Stir-fried flat rice noodles w/ beef		
Leo's café - Mon	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 Grab & Go ONLY	Ham & cheese	BBQ chicken & mushroom	Pepperoni & mushroom	Meat lovers	Bacon & cheese		
Pizza B (Veg) \$28 Grab & Go ONLY	(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









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	04/03 Mon			05/03 Tue		06/03 Wed		07/03 Thu			08/03 Fri				
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															
Main Entrée A	Barbecued pork fried rice			Roasted chicken steak in gravy w/ rice		Bacon mac & cheese		Tteok-bokki			Pork cutlet w/ Tonkatsu sauce, rice				
	132	6	3	160	8	4	160	6	5	160	4	4	189	6	6
Main Entrée B	Portuguese coconut chicken w/ rice			Stir-fried beef & leek w/ rice		Fish molee w/ rice		Chicken a-la-king w/ rice			Stir-fried chicken w/ assorted vegetable, rice				
	112	4	2	134	6	5	128	4	4	112	4	2	138	4	4
Main Entrée C(V)	OmniBeef Chili-con-carne w/ fusilli			Linguini w/ spinach cream sauce		Scrambled egg & tomato w/ rice		Tuscan bean stew w/ rice		Tomato Lasagna					
	138	8	5	102	4	4	120	6	4	112	4	4	129	6	4
Bowl															
Bowl A	Japanese pork curry w/ rice			Japanese Cha Shu Ramen		Noodle w/ fried bean & meat sauce (ZhaJiangMian)		Chicken laksa			Stir-fried flat rice noodle w/ beef				
	165	8	7	142	6	6	140	4	6	142	6	4	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

