## King George V School – March 2024

## SOCIAL KITCHEN

fresh. healthy. tasty

by **sodex** 

T: Takeaway: D: Dine-in

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|--|--|--|--|--|---|--|--|
|  | 11/03 Mon  | 12/03 Tue                                    | 13/03 Wed  | 14/03 Thu  | 15/03 Fri   |  |  |
| Social Kitchen - N                     | Monday: 10:15am to 1:30                          | pm; Tuesday to Friday: 1                     | 10:45am to 2:30pm                                  |  |   |  |  |
| Main Entrée A<br>(T: \$39; D: \$36)    | Fried rice w/ chicken & pineapple                | Roasted chicken steak in onion sauce w/ rice | Spaghetti Bolognaise<br>(Beef)                     | Teriyaki chicken steak<br>w/ rice                          | Filet-O-Fish [\$45]<br>w/ Cross-Trax-Fries<br>(Takeaway ONLY) |  |  |
| Main Entrée B<br>(T: \$39; D: \$36)    | Braised beef<br>in creamy gravy sauce<br>w/ rice | Double cooked pork belly w/ rice (Sichuan)   | White chicken stew w/ rice                         | Baked fish fillet w/ tomato & cheese, fusilli              | Chicken & tomato casserole w/ rice                            |  |  |
| Main Entrée C(V)<br>(T: \$36; D: \$33) | (Vegan) Ratatouille w/ Penne                     | (V) Mushroom Alfredo<br>w/ farfalle          | (V) Braised white gourd w/ assorted mushroom, rice | (Vegan) Stir-fried edamame & dried bean curd sheet w/ rice | (V) Braised wheat gluten w/ OmniPork, rice                    |  |  |
| Bowl - Monday:                         | 12:15pm to 1:15pm; Tues                          | day to Friday: 1:15pm to                     | 2:15pm   |  |   |  |  |
| Bowl A \$39<br>Takeaway ONLY           | Japanese pork curry w/ rice                      | Japanese Cha Shu Ramen                       | Chicken laksa                                      | Noodle w/ fried bean & meat sauce (ZhaJiangMian)           | Stir-fried flat rice noodles w/ beef                          |  |  |
| Leo's café - Mon                       | day: 7:30am to 3:00pm;                           | Tuesday to Friday: 7:30a                     | nm to 4:15pm                                       |  |   |  |  |
| Salad Box \$36<br>Takeaway ONLY        | Grilled bacon Caesar                             | (V) Japanese cold udon w/ sesame dressing    | Tuna salad<br>w/ Italian dressing                  | (V) Greek salad  | Grilled chicken salad w/ sweet & sour dressing                |  |  |
| Piazza Pizza - Mo                      | onday: 12:15pm to 1:15pr                         | n; Tuesday to Friday: 1:1                    | 5pm to 2:15pm                                      |  |   |  |  |
| Pizza A \$28<br>Grab & Go              | Ham & cheese                                     | BBQ chicken & mushroom                       | Meat lover   | Pepperoni & cheese   | Bacon & cheese  |  |  |
| Pizza B (Veg) \$28<br>Grab & Go        | (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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|  | 11/03 Mon   |             |         | 12/03 Tue                                    |             | 13/03 Wed                                      |               | 14/03 Thu  |                                |   | 15/03 Fri                          |                                  |               |             |         |
|--|---|-------------|---------|--|-------------|--|---------------|--|--------------------------------|---|------------------------------------|----------------------------------|---------------|-------------|---------|
| Nutrition<br>Information<br>(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                          | Fried rice Roasted chicken ste<br>w/ chicken & pineapple in onion sauce w/ ri |             |         |  | 7/10        | Spaghetti Bolognaise (Beef)                    |               |  | Teriyaki chicken steak w/ rice |   |                                    | Filet-O-Fish w/ Cross-Trax-Fries |               |             |         |
|  | 138   | 5           | 3       | 160  | 8           | 4  | 134           | 4  | 4                              | 160   | 8                                  | 4                                | 220           | 6           | 6       |
| Main Entrée B                          | Braised beef Double cooked pork belly in creamy gravy sauce, rice w/ rice     |             |         |  | oelly       | White chicken stew w/ rice                     |               | Braised fish fillet<br>w/ tomato & cheese, fusilli |                                |   | Chicken & tomato casserole w/ rice |                                  |               |             |         |
|  | 112   | 4           | 2       | 150  | 8           | 6  | 160           | 8  | 4                              | 112   | 4                                  | 2                                | 134           | 6           | 4       |
| Main Entrée C(V)                       | Ratatouille w/ Penne  |             |         | Mushroom Alfredo w/ farfalle                 |             | Braised white gourd w/ assorted mushroom, rice |               | Stir-fried edamame & dried bean curd sheet w/ rice |                                | Braised wheat gluten w/ OmniPork, rice            |                                    |                                  |               |             |         |
|  | 110   | 4           | 4       | 102  | 4           | 4  | 120           | 6  | 4                              | 112   | 4                                  | 2                                | 129           | 4           | 2       |
| Bowl                                   |   |             |         |  |             |  |               |  |                                |   |                                    |                                  |               |             |         |
| Bowl A                                 | Japanese pork curry w/ rice   |             |         | Japanese Cha Shu Ramen                       |             | Chicken laksa                                  |               | Noodle w/ fried bean & meat sauce (ZhaJiangMian)   |                                | Stir-fried flat rice noodle w/ beef               |                                    |                                  |               |             |         |
|  | 165   | 8           | 7       | 142  | 6           | 6  | 142           | 6  | 4                              | 140   | 4                                  | 6                                | 122           | 4           | 3       |
| Leo's café                             |   |             |         |  |             |  |               |  |                                |   |                                    |                                  |               |             |         |
| Salad                                  | Grilled bacon Caesar  |             |         | (V) Japanese cold udon<br>w/ sesame dressing |             | Tuna salad w/ Italian dressing                 |               | (V) Greek salad                                    |                                | Grilled chicken salad<br>w/ sweet & sour dressing |                                    |                                  |               |             |         |
|  | 190   | 8           | 4       | 137  | 5           | 5  | 131           | 6  | 4                              | 101   | 4                                  | 4                                | 140           | 4           | 4       |

