



King George V School

March 2024



	18/03 Monday	19/03 Tuesday	20/03 Wednesday	21/03 Thursday	22/03 Friday
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Course A \$36	Yeung chow fried rice	Thai red chicken curry w/ rice	Spaghetti Carbonara (Pork)	Grilled chicken steak in gravy w/ rice	Deep-fried fish cutlet w/ French fries [\$45]
Main Course B \$36	Braised chicken in Portuguese sauce w/ Penne	Baked fish fillet in spinach cream sauce w/ rice	Stir-fried chicken w/ assorted mushroom, rice	Braised beef in tomato sauce w/ rice	Braised chicken in sweetcorn cream sauce w/ rice
Main Course C (Vegetarian) \$33	(Vegan) OmniPork Mapo tofu w/ rice	(V) Stir-fried Udon w/ assorted vegetables	(V) Baked pumpkin alfredo w/ rice	(Vegan) Mixed bean masala w/ baguette	(V) Baked macaroni in tomato concasse & cheese
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl \$39	Japanese pork curry w/ rice	Tom Yum Seafood Soup (Spicy seafood Soup) w/ flat rice noodle	Chicken laksa	Japanese Chashu ramen	Stir-fried flat rice noodle w/ beef
Leo's Café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm					
Salad Box \$36	Grilled bacon Caesar	Somtum salad (Thai Papaya Salad) w/ grilled chicken	(V) Potato salad w/ Thousand Island 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	BBQ chicken & mushroom	Meat lover	Pepperoni & cheese	Bacon & cheese
Pizza B (Vegetarian) \$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



eat together



Nutrition Information (per 100g)

	18/03 Monday			19/03 Tuesday			20/03 Wednesday			21/03 Thursday			22/03 Friday		
	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 Course A	Yeung Chow fried rice			Thai red chicken curry w/ rice			Spaghetti Carbonara (Pork)			Grilled chicken steak in gravy w/ rice			Deep-fried fish cutlet w/ French fries		
	132	6	3	158	8	5	121	3	3	140	10	4	172	8	7
Main Course B	Braised chicken in Portuguese sauce w/ Penne			Baked fish fillet in spinach cream sauce w/ rice			Stir-fried chicken w/ assorted mushroom, rice			Braised beef in tomato sauce w/ rice			Braised chicken in sweetcorn cream sauce w/ rice		
	158	8	5	125	4	4	136	6	4	134	5	4	112	6	2
Main Course C	(Vegan) OmniPork Mapo tofu w/ rice			(V) Stir-fried Udon w/ assorted vegetables			(V) Baked pumpkin alfredo w/ rice			(Vegan) Mixed bean masala w/ baguette			(V) Baked Macaroni in tomato concasse & cheese		
	133	4	4	113	4	2	102	3	3	132	4	5	136	5	4
Bowl															
Bowl	Japanese pork curry w/ rice			Tom Yum seafood soup w/ flat rice noodle			Chicken laksa			Japanese Chashu ramen			Stir-fried flat rice noodle w/ beef		
	165	8	7	138	6	4	142	6	5	126	4	4	122	4	3
Leo's Café															
Salad Box	Grilled bacon Caesar			Somtum salad w/ grilled chicken			(V) Potato salad w/ Thousand Island Dressing			(V) OmniTuna pasta salad			Japanese green tea soba		
	190	8	4	129	4	4	126	2	4	129	6	4	86	2	2