

## **King George V School**

## **March 2024**



	18/03 Monday	== 19/03 Tuesday ==	20/03 Wednesday	21/03 Thursday	22/03 Friday							
Social Kitchen - I	Monday: 10:15am to 1:30	pm; Tuesday to Friday: 10	0:45am 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













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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)
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
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
(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
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
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
	Yeung Ch  132 Braised of Portugue w/ Penn  158 (Vegan) OmniPort w/ rice  133  Japanese w/ rice  165  Grilled b	Yeung Chow fried  132 6  Braised chicken in Portuguese sauce w/ Penne  158 8  (Vegan)  OmniPork Mapo to w/ rice  133 4  Japanese pork cur w/ rice  165 8  Grilled bacon Caes	Yeung Chow fried rice  132 6 3  Braised chicken in Portuguese sauce w/ Penne  158 8 5  (Vegan)  OmniPork Mapo tofu w/ rice  133 4 4  Japanese pork curry w/ rice  165 8 7  Grilled bacon Caesar	Yeung Chow fried rice  Thai red w/ rice  132 6 3 158  Braised chicken in Portuguese sauce w/ Penne w/ rice  158 8 5 125  (Vegan) (V) Stir-f w/ assor w/ rice  133 4 4 113  Japanese pork curry w/ rice  165 8 7 138  Grilled bacon Caesar Somtum w/ grille	Yeung Chow fried rice  Thai red chicken cow/rice  Thai red chicken cow/rice  132 6 3 158 8  Braised chicken in Portuguese sauce w/ Penne  158 8 5 125 4  (Vegan) OmniPork Mapo tofu w/ rice  133 4 4 113 4  Japanese pork curry w/ rice  Thai red chicken cow/w rice  (Vi) Stir-fried Udon w/ assorted vegeta w/ flat rice noodle  Tom Yum seafood w/ flat rice noodle  Grilled bacon Caesar  Somtum salad w/ grilled chicken	Yeung Chow fried rice  Thai red chicken curry w/ rice  132 6 3 158 8 5  Braised chicken in Portuguese sauce w/ Penne w/ rice  158 8 5 125 4 4  (Vegan) OmniPork Mapo tofu w/ rice  133 4 4 113 4 2  Japanese pork curry w/ rice  Thai red chicken curry w/ rice  Baked fish fillet in spinach cream sauce w/ red w/ rice  158 8 5 125 4 4  (Vy Stir-fried Udon w/ assorted vegetables w/ rice  133 4 113 4 2  Japanese pork curry w/ rice  Tom Yum seafood soup w/ flat rice noodle  165 8 7 138 6 4  Grilled bacon Caesar Somtum salad w/ grilled chicken	Yeung Chow fried rice  Thai red chicken curry w/ rice  Spaghett (Pork)  132 6 3 158 8 5 121  Braised chicken in Portuguese sauce w/ Penne w/ rice  158 8 5 125 4 4 136  (Vegan) (V) Stir-fried Udon w/ assorted vegetables w/ rice  133 4 4 113 4 2 102  Japanese pork curry w/ rice  Tom Yum seafood soup w/ flat rice noodle  Thousan the flat of th	Yeung Chow fried rice  Thai red chicken curry w/ rice  Stir-fried chicken w/ assorted mush rice  W/ rice  Thai red chicken curry w/ sspaneation curry w/ rice  Thai red chicken curry w/ sspaneation curry w/ rice  Thai red chicken curry w/ sspaneation curry w/ rice  Stir-fried chicken w/ assorted mush rice  W/ sassorted Udon w/ assorted vegetables  W/ rice  Tom Yum seafood soup w/ rice  Tom Yum seafood soup w/ flat rice noodle  Thousand Island Description curry w/ grilled chicken  Thousand Island Description curry w/ grilled chicken  Thousand Island Description curry w/ grilled chicken	Yeung Chow fried rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken w/ assorted mushroom, rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken w/ assorted mushroom, rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken w/ assorted mushroom, rice  Tom Yince  Tom Yum seafood soup w/ rice  Tom Yum seafood soup w/ flat rice noodle  Tom Yum seafood soup w/ flat rice noodle  Grilled bacon Caesar  Somtum salad w/ grilled chicken  (V) Potato salad w/ Thousand Island Dressing	Yeung Chow fried rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken w/ assorted mushroom, rice  Thai red chicken curry w/ rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken w/ assorted mushroom, rice  W/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken w/ assorted mushroom, rice  W/ assorted mushroom, rice  W/ sasorted mushroom, w/ assorted pumpkin alfredo w/ rice  W/ sasorted vegetables w/ rice  Tom Yum seafood soup w/ rice  Tom Yum seafood soup w/ flat rice noodle  Tom Yum seafood soup w/ flat rice noodle  Tom Yum seafood soup w/ rice  Somtum salad w/ grilled chicken  W/ grilled chicken  Thai red chicken curry w/ assorted his a saled w/ Thousand Island Dressing  W/ Omnipork Mapo tofu w/ rice  W/ sasorted 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Thai red chicken curry w/ rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Stir-fried chicken my/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken my/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken my/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken my/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken my/ assorted mushroom, rice  Thai red chicken curry w/ rice  Stir-fried chicken my/ assorted mushroom, rice  W/ assorted mushroom, my/ rice  Stir-fried chicken my/ assorted mushroom, rice  W/ assorted mushroom, my/ rice  Stir-fried chicken my/ assorted mushroom, rice  W/ assorted mushroom, my/ rice  W/ rice  W/ rice  Thai red chicken curry w/ rice  W/ assorted mushroom, my/ assorted mushroom, rice  W/ assorted mushroom, my/ rice  W/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, rice  W/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, rice  W/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, rice  Stir-fried chicken my/ assorted mushroom, rice  W/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, rice  Thai Tom Yum seafood soup my/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, my/ assorted mushroom, assorted mushroom, my/ assorted mushr	Yeung Chow fried rice  Thai red chicken curry w/ rice  Spaghetti Carbonara (Pork)  Spaghetti Carbo

