



King George V School

April 2024



	08/04 Monday	09/04 Tuesday	🇯🇵 10/04 Wednesday	11/04 Thursday	12/04 Friday
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Course A \$36		Roasted chicken steak in gravy w/ rice	Gyudon (Japanese beef rice w/ onion)	Sweet & sour pork w/ rice	Fried chicken w/ honey mustard sauce, French fries [\$45]
Main Course B \$36		Stir-fried beef & leek w/ rice	Spaghetti Napoli w/ chicken chipolata	Baked fish fillet w/ Portuguese sauce, rice	Stir-fried pork & vegetable w/ chili bean sauce, rice
Main Course C (Vegetarian) \$33		(V) Farfalle w/ truffle cream sauce	(V) Nasu Teriyaki w/ rice	(Vegan) Tuscan bean stew w/ fusilli	(V) Baked macaroni w/ tomato & cheese
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl \$39		Noodle w/ fried bean & meat sauce (Zha Jiang Mian)	Japanese pork curry w/ rice	Chicken laska	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	(V) Japanese cold udon w/ sesame dressing	(V) Greek salad	Grilled chicken salad w/ sweet & sour dressing
Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Pizza A \$28		Pepperoni & cheese	BBQ chicken & mushroom	Meat lover	Bacon & cheese
Pizza B (Vegetarian) \$28		(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)

	08/04 Monday			09/04 Tuesday			10/04 Wednesday			11/04 Thursday			12/04 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				Roasted chicken steak in gravy w/ rice			Gyudon (Japanese beef rice w/ onion)			Sweet & sour pork w/ rice			Fried chicken w/ honey mustard sauce, French fries		
				140	10	4	136	8	4	138	6	4	210	8	7
Main Course B				Stir-fried beef & leek w/ rice			Spaghetti Napoli w/ chicken chipolata			Baked fish fillet w/ Portuguese sauce, rice			Stir-fried pork & vegetable w/ chili bean sauce, rice		
				132	6	4	128	4	4	125	4	4	138	7	4
Main Course C				(V) Farfalle w/ truffle cream sauce			(V) Nasu Teriyaki w/ rice			(Vegan) Tuscan bean stew w/ fusilli			(V) Baked Macaroni w/ tomato & cheese		
				128	3	4	123	4	3	95	3	2	136	5	5
Bowl															
Bowl				Noodle w/ fried bean & meat sauce (Zha Jiang Mian)			Japanese pork curry w/ rice			Chicken laska			Stir-fried flat rice noodle w/ beef		
				128	4	2	165	8	7	142	6	5	122	4	3
Leo's Café															
Salad Box				Grilled bacon Caesar			(V) Japanese cold udon w/ sesame dressing			(V) Greek salad			Grilled chicken salad w/ sweet & sour dressing		
				190	8	4	126	2	4	101	4	4	140	4	4