





King George V School

April 2024



	15/04 Monday	16/04 Tuesday	17/04 Wednesday	18/04 Thursday	19/04 Friday
Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm					
Main Course A \$36	Barbecued pork fried rice 	Roasted chicken steak in onion sauce w/ rice	Tteok-bokki (Korean spicy fried rice cake) 	Grilled chicken steak w/ mushroom gravy, rice	Pork cutlet w/ Tonkatsu sauce, rice [\$42] 
Main Course B \$36	Braised chicken in Portuguese sauce w/ Penne 	Double cooked pork belly w/ rice	Penne w/ creamy beef casserole 	Pork vindaloo w/ rice 	Chicken & tomato casserole w/ spaghetti 
Main Course C (Vegetarian) \$33	(Vegan) Shiitake lentils bolognese w/ multi-grain rice 	(V) Linguini w/ mushroom cream sauce 	(V) Braised white gourd w/ assorted mushroom, rice	(Vegan) Stir-fried Udon w/ assorted vegetables 	(V) Braised wheat gluten w/ OmniBeef, rice
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl \$39	Japanese pork curry w/ rice 	Chicken Laska 	Noodle w/ fried bean & meat sauce (Zha Jiang Mian) 	Phở bò (Vietnamese soup noodle w/ beef)	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) Potato salad w/ Thousand Island dressing  	Roasted chicken salad w/ sweet & sour 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 	Bacon & cheese 	BBQ chicken & mushroom 	Meat lover 	Pepperoni & 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)

	15/04 Monday			16/04 Tuesday			17/04 Wednesday			18/04 Thursday			19/04 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	Barbecued pork fried rice			Roasted chicken steak in onion sauce w/ rice			Tteok-bokki (Korean spicy fried rice cake)			Grilled chicken steak w/ mushroom gravy, rice			Pork Cutlet w/ Tonkatsu sauce, rice		
	132	6	3	140	10	4	121	3	3	140	10	4	157	8	6
Main Course B	Braised chicken in Portuguese sauce w/ Penne			Double cooked pork belly w/ rice			Penne w/ creamy beef casserole			Pork Vindaloo w/ rice			Chicken & tomato casserole w/ spaghetti		
	158	8	5	148	6	5	134	9	5	158	8	5	138	5	4
Main Course C	(Vegan) Shiitake lentils bolognese w/ multi-grain rice			(V) Linguine w/ mushroom cream sauce			(V) Braised white gourd w/ assorted mushroom, rice			(Vegan) Stir-fried Udon w/ assorted vegetables			(V) Braised wheat gluten w/ OmniBeef, rice		
	128	5	3	122	3	3	128	4	4	113	4	2	125	4	4
Bowl															
Bowl	Japanese pork curry w/ rice			Chicken laksa			Noodle w/ fried bean & meat sauce (Zha Jiang Mian)			Phở bò (Vietnamese soup noodle w/ beef)			Stir-fried flat rice noodle w/ beef		
	165	8	7	142	6	5	136	6	4	112	6	2	122	4	3
Leo's Café															
Salad Box	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