



# King George V School

## April 2024



	22/04 Monday	23/04 Tuesday	24/04 Wednesday	🇯🇵 25/04 Thursday	26/04 Friday
<b>Social Kitchen - Monday: 10:15am to 1:30pm; Tuesday to Friday: 10:45am to 2:30pm</b>					
<b>Main Course A</b> \$36	Nasi Goreng (Indonesian chicken fried rice) 	Cheese baked beef bolognese w/ macaroni 	BBQ pork (Char Siu) w/ rice	Teriyaki chicken steak w/ rice	<b>Deep-fried fish cutlet w/ French fries [\$45]</b>  
<b>Main Course B</b> \$36	Beef stroganoff w/ rice 	Chicken a-la-king w/ rice 	Baked fish fillet in spinach cream sauce w/ rice  	Pork Shogayaki w/ rice (Stir-fried ginger & pork)	Stir-fried chicken w/ assorted vegetable, rice
<b>Main Course C (Vegetarian) \$33</b>	<b>(Vegan)</b> OmniBeef chili-con-carne w/ fusilli 	(V) Scrambled egg & tomato w/ rice 	(V) Pumpkin Alfredo w/ farfalle 	<b>(Vegan)</b> Ratatouille w/ penne 	(V) Yellow dhal curry w/ rice or pita bread 
<b>Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Bowl</b> \$39	Japanese pork curry w/ rice 	Chicken laska 	Noodle w/ fried bean & meat sauce <b>(Zha Jiang Mian)</b> 	Phở bò (Vietnamese soup noodle w/ beef)	Stir-fried flat rice noodle w/ beef 
<b>Leo's Café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:15pm</b>					
<b>Salad Box</b> \$36	Grilled bacon Caesar 	(V) Greek salad 	Tuna salad w/ Italian dressing 	(V) Japanese cold udon w/ sesame dressing 	Grilled chicken salad w/ sweet & sour dressing 
<b>Piazza Pizza - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm</b>					
<b>Pizza A</b> \$28	Ham & cheese 	Bacon & cheese 	Pepperoni & cheese   	Meat lover 	BBQ chicken & mushroom 
<b>Pizza B (Vegetarian) \$28</b>	(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)**

	22/04 Monday			23/04 Tuesday			24/04 Wednesday			25/04 Thursday			26/04 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)
<b>Social Kitchen</b>															
<b>Main Course A</b>	Nasi Goreng			Cheese baked beef bolognese w/ mararoni			BBQ Pork w/ rice			Teriyaki chicken steak w/ rice			Deep-fried fish cutlet w/ French fries		
	136	6	5	138	6	6	128	6	3	140	10	4	152	6	8
<b>Main Course B</b>	Beef stroganoff w/ rice			Chicken a-la-king w/ rice			Baked fish fillet in spinach cream sauce w/ rice			Pork Shogayaki w/ rice (Stir-fried ginger & pork)			Stir-fried chicken w/ assorted vegetable, rice		
	138	8	4	132	6	4	126	4	4	128	5	3	132	5	4
<b>Main Course C</b>	(Vegan) OmniBeef chili-con-carne w/ fusilli			(V) Scrambled egg & tomato w/ rice			(V) Pumpkin alfredo w/ farfalle			(Vegan) Ratatouille w/ penne			(V) Yellow dhal curry w/ rice		
	122	3	3	126	5	3	128	3	4	95	3	2	132	4	5
<b>Bowl</b>															
<b>Bowl</b>	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
<b>Leo's Café</b>															
<b>Salad Box</b>	Grilled bacon Caesar			(V) Greek salad			Tuna salad w/ Italian dressing			(V) Japanese cold udon w/ sesame dressing			Grilled chicken salad w/ sweet & sour dressing		
	190	8	4	101	4	4	129	6	4	126	2	4	140	4	4