



King George V School

April - May 2024



	29/04 Monday	30/04 Tuesday	01/05 Wednesday	02/05 Thursday	03/05 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	Tteok-bokki (Korean spicy fried rice cake)		Spaghetti carbonara	Fried chicken w/ French fries in Honey Mustard Sauce [\$45]
Main Course B \$36	Creamy Tuscan chicken stew w/ penne	Lemongrass pork chop w/ rice		Stir-fried chicken w/ king oyster mushroom, rice	Braised shredded pork w/ fava bean & pickled vegetable, rice
Main Course C (Vegetarian) \$33	(Vegan) OmniPork Mapo tofu w/ rice	(V) Linguini w/ truffle mushroom cream sauce		(Vegan) Mixed bean masala w/ rice or baguette	(V) Balsamic roasted local-plant organic veggie w/ macaroni [\$36]
Bowl - Monday: 12:15pm to 1:15pm; Tuesday to Friday: 1:15pm to 2:15pm					
Bowl \$39	Japanese pork curry w/ rice	Chicken laksa		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		(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
Pizza B (Vegetarian) \$28	(V) Pizza marinara	(V) Trio cheese		(V) Pizza marinara	(V) Trio cheese

A disposable levy charge of HK\$3 will be added when requesting for takeaway container & cutlery



eat together



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**Nutrition
Information
(per 100g)**

	29/04 Monday			30/04 Tuesday			01/05 Wednesday			02/05 Thursday			03/05 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			Tteok-bokki (Korean spicy fried rice cake)						Spaghetti carbonara			Fried chicken w/ French fries in Honey Mustard Sauce		
	132	6	3	160	4	4				121	3	3	160	10	4
Main Course B	Creamy Tuscan chicken stew w/ penne			Lemongrass pork chop w/ rice						Stir-fried chicken w/ king oyster mushroom, rice			Braised shredded pork w/ fava bean & pickled vegetable, rice		
	158	6	5	152	7	4				138	6	3	140	8	4
Main Course C	(Vegan) OmniPork Mapo tofu w/ rice			(V) Linguini w/ truffle mushroom cream sauce						(Vegan) Mixed beans masala w/ rice or baguette			(V) Balsamic roasted local-plant organic veggie w/ macaroni		
	133	4	4	120	3	3				122	4	4	110	4	4
Bowl															
Bowl	Japanese pork curry w/ rice			Chicken laksa						Phở bò (Vietnamese soup noodle w/ beef)			Stir-fried flat rice noodle w/ beef		
	165	8	7	142	6	5				112	6	2	122	4	3
Leo's Café															
Salad Box	Grilled bacon Caesar			(V) Potato salad w/ Thousand Island dressing						(V) OmniTuna pasta salad			Japanese green tea soba		
	190	8	4	126	2	4				129	6	4	86	4	4

eat together