



King George V School

May 2024



	27/05 Monday	28/05 Tuesday	29/05 Wednesday	30/05 Thursday	31/05 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 	Thai green chicken curry w/ rice 	Spaghetti Bolognese (Beef) 	Grilled chicken steak w/ gravy, rice  	Fried chicken w/ French fries, thousand island sauce [\$45]  
Main Course B \$36	Beef emince w/ penne or rice 	Stir-fried pork chop w/ fresh tomato, rice 	Creamy Tuscan chicken stew w/ spaghetti or rice 	Braised fish fillet in Portuguese sauce w/ fusilli or rice  	Braised shredded pork w/ sweetcorn sauce, rice 
Main Course C (Vegetarian) \$33	(Vegan) Omni-pork mapo tofu w/ rice 	(V) Fusilli w/ parmesan roasted organic vegetables [\$36] 	(V) Gnocchi w/ organic pumpkin cream sauce 	(Vegan) Saag tofu w/ pita bread or rice  	(V) Baked macaroni in tomato concasse & cheese 
Bowl \$39	Japanese chicken curry w/ rice 	Phở bò (Vietnamese soup noodle w/ beef) 	Chicken laksa 	Japanese Cha Shu Ramen 	Stir-fried flat rice noodle w/ beef 
Leo's Café - Monday: 7:30am to 3:00pm; Tuesday to Friday: 7:30am to 4:00pm					
Salad Box \$36	Grilled bacon Caesar 	(V) Potato salad w/ Thousand Island dressing  	Roasted chicken salad w/ sweet & sour dressing  	(V) Omni-Tuna 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 	Bacon & cheese 	Meat lover 	Pepperoni & cheese  
Pizza B (Vegetarian) \$28	(V) Pizza marinara 	(V) Trio cheese 	(V) Local-plant organic tomato & cheese 	(V) Trio cheese 	(V) Pizza marinara 

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

Please NOTE: Bowl will be CLOSED from 27th May 2024 until 28th June 2024; please grab a bowl at Social Kitchen during Lunch time.



eat together



Nutrition Information (per 100g)

	27/05 Monday			28/05 Tuesday			29/05 Wednesday			30/05 Thursday			31/05 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			Thai green chicken curry w/ rice			Spaghetti Bolognese (Beef)			Grilled chicken steak w/ gravy, rice			Fried chicken w/ French fries, thousand island sauce		
	132	6	3	165	6	7	136	6	4	140	10	4	186	8	7
Main Course B	Beef emince w/ penne or rice			Stir-fried pork chop w/ fresh tomato, rice			Creamy Tuscan chicken stew w/ spaghetti or rice			Braised fish fillet in Portuguese sauce w/ fusilli or rice			Braised shredded pork w/ sweetcorn sauce, rice		
	128	6	3	143	8	5	128	5	3	130	4	4	148	8	6
Main Course C	(Vegan) Omni-pork mapo tofu w/ rice			(V) Fusilli w/ parmesan roasted organic vegetable			(V) Gnocchi w/ organic pumpkin cream sauce			(Vegan) Saag tofu w/ pita bread or rice			(V) Baked macaroni in tomato concasse & cheese		
	136	4	5	126	4	3	123	3	4	128	4	3	136	5	4
Bowl	Japanese chicken curry w/ rice			Phở bò (Vietnamese soup noodle w/ beef)			Chicken laksa			Japanese Cha Shu ramen			Stir-fried flat rice noodles w/ beef		
	165	8	7	112	6	2	142	6	5	140	6	4	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) Omni-tuna pasta salad			Japanese green tea soba		
	190	8	4	126	2	4	140	8	5	129	6	4	86	2	2