



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



SCAN THIS QR CODE SPEAK TO A STAFF MEMBER

MENU MECHANISM

NUTS FREE All our meals are Nuts Free

CAGE FREE All our eggs are Cage Free

MADE IN HONG KONG Discover Locally Made products

HK GROWN LOCALITY Savor Low Carbon footprint produce

50 FUTURE FOOD Ingredients good for Planet & Health

GO & ENJOY All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

OK BUT THINK

BE CAUTIOUS Our Food Traffic Light will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS

ALLERGEN DAIRY ALLERGEN EGG ALLERGEN GLUTEN VE VEGETARIAN VEG VEGAN MILD SPICY ALLERGEN SHELLFISH

A Healthy and Balanced Diet Every Day!

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DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.

While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

Mar 2 to 27 2026

PREPARATORY YEARS SNACK MENU



MONDAY 2nd

Roujiamo (Chinese Pita with Chicken & Lettuce) + Apple
肉夾饅(鸡, 生菜) + 苹果



MONDAY 9th

Mixed Vegetables and BBQ Pork Fried Rice + Apple
杂菜叉烧炒饭 + 苹果



MONDAY 16th

Beef Burrito + Apple
墨西哥牛肉卷+苹果



MONDAY 23rd

Kung Pao Chicken with Rice + Apple
宫保鸡丁配白饭 + 苹果



TUESDAY 3rd

Steamed Rice Roll (Sweet Sauce & Soy Sauce) + Watermelon
蒸腸粉(甜醬, 豉油) + 西瓜



TUESDAY 10th

Teriyaki Chicken Burger + Watermelon
照烧鸡排汉堡 + 西瓜



TUESDAY 17th

Vegetarian Dumpling + Watermelon
素饺子 + 西瓜



TUESDAY 24th

Yaki Udon + Watermelon
日式炒烏冬 + 西瓜



WEDNESDAY 4th

Tomato and Cheese on Toast + Orange
番茄奶酪吐司 + 橙



WEDNESDAY 11th

Noodles with Pork and Vegetable Dumplings + Orange
菜肉水饺面 + 橙



WEDNESDAY 18th

Mac and Cheese with Mix Vegetables + Orange
芝士通心粉配杂菜 + 橙



WEDNESDAY 25th

French Toast with Maple Syrup + Orange
枫糖浆法式吐司 + 橙



THURSDAY 5th

Strawberry Jam Sandwich + Mixed Fruit
草莓果酱三明治 + 混合水果



THURSDAY 12th

Egg Salad Sandwich + Cantaloupe
蛋沙拉三明治 + 哈密瓜



THURSDAY 19th

Sushi (Cucumber & Corn) + Cantaloupe
寿司(黄瓜和玉米) + 哈密瓜



THURSDAY 26th

Chicken & Cucumber Sandwich + Cantaloupe
鸡肉黄瓜三明治 + 哈密瓜



FRIDAY 6th

Blueberry Muffin + Cheerios + Dragon Fruit
蓝莓松饼+ 脆穀樂 + 火龙果



FRIDAY 13th

Staff PD Day 2 / Home-based Learning Day 2

FRIDAY 20th

Mini Egg Tarts (2 pcs) + Dragon Fruit
迷你蛋撻(2件)+火龙果



FRIDAY 27th

Caesar Chicken Wrap + Dragon Fruit
凯撒鸡肉卷+火龙果



GO & ENJOY

OK BUT THINK

BE CAUTIOUS



Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices

From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



Mar 30 to 31 2026

PREPARATORY YEARS SNACK MENU



MONDAY 30th

Beef with Scrambled Eggs on Rice + Apple
滑蛋牛肉飯 + 苹果



TUESDAY 31st

Vegetarian Fried Rice Vermicelli in Singapore Style (EGG) + Watermelon
新加坡風味素炒米粉(巨) + 西瓜



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