



**MAKE YOUR VOICE HEARD**  
Every voice matters

**GIVE YOUR FEEDBACK TO US**



SCAN THIS QR CODE SPEAK TO A STAFF MEMBER

**sodexo 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

**GROWN LOCALLY**  
Savor Low Carbon footprint produce

**50 FUTURE FOOD**  
Ingredients good for Planet & Health

**GO & ENJOY**  
**OK BUT THINK**  
**BE CAUTIOUS**

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

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!**

**Sign up for our e-Newsletter**

**Scan QR code to follow & visit us**

**Sodexo Hong Kong Website**

**Sodexo Instagram**

**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.

September 2026

# PREPARATORY YEARS SNACK MENU

sodexo

|                                                                                                           |                                                                                                                                |                                                                                                              |                                                                                                                           |                                                                                                         |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|                                                                                                           | <b>TUESDAY 1<sup>st</sup></b><br><br>Caesar Chicken Wrap + Watermelon<br>凯撒鸡肉卷 + 西瓜<br><br>                                    | <b>WEDNESDAY 2<sup>nd</sup></b><br><br>Mushroom and Chive E-Fu Noodles + Orange<br>香菇韭菜伊面 + 橙<br><br>        | <b>THURSDAY 3<sup>rd</sup></b><br><br>Pork & Vegetable Dumplings + Cantaloupe<br>菜肉饺子 + 哈密瓜<br><br>                       | <b>FRIDAY 4<sup>th</sup></b><br><br>Chocolate Muffin + Honey Star + Banana<br>巧克力松饼 + 蜂蜜星星 + 香蕉<br><br> |
| <b>MONDAY 7<sup>th</sup></b><br><br>Meat Bun (Pork) + Apple<br>肉包子 + 苹果<br><br>                           | <b>TUESDAY 8<sup>th</sup></b><br><br>Vegetable Macaroni & Cheese with French Baguette + Watermelon<br>蔬菜芝士通粉配法式面包 + 西瓜<br><br> | <b>WEDNESDAY 9<sup>th</sup></b><br><br>Italian Meatballs + Orange<br>意大利肉丸 + 橙<br><br>                       | <b>THURSDAY 10<sup>th</sup></b><br><br>Stir-Fried Short Rice Noodles with Vegetables + Cantaloupe<br>蔬菜炒银针粉 + 哈密瓜<br><br> | <b>FRIDAY 11<sup>th</sup></b><br><br>Steamed Rice Roll with Sweet Sauce + Banana<br>蒸肠粉配甜酱 + 香蕉<br><br> |
| <b>MONDAY 14<sup>th</sup></b><br><br>BBQ Pork Fried Rice with Mixed Beans + Apple<br>叉烧三色豆炒饭 + 苹果<br><br> | <b>TUESDAY 15<sup>th</sup></b><br><br>Stir-Fried Rice Noodles with Mixed Vegetables + Watermelon<br>三丝炒濪粉 + 西瓜<br><br>         | <b>WEDNESDAY 16<sup>th</sup></b><br><br>Chicken & Mixed Beans Soup Macaroni + Orange<br>鸡肉三色豆汤通粉 + 橙<br><br> | <b>THURSDAY 17<sup>th</sup></b><br><br>Strawberry Jam Sandwich + Cantaloupe<br>草莓果酱三文治 + 哈密瓜<br><br>                      | <b>FRIDAY 18<sup>th</sup></b><br><br>Home-Based Learning Day 1                                          |
| <b>MONDAY 21<sup>st</sup></b><br><br>Stir-Fried Mixed Vegetables with Udon + Apple<br>杂菜炒乌冬 + 苹果<br><br>  | <b>TUESDAY 22<sup>nd</sup></b><br><br>Tomato & Cheese Toast + Watermelon<br>番茄奶酪吐司 + 西瓜<br><br>                                | <b>WEDNESDAY 23<sup>rd</sup></b><br><br>Stir-Fried Chicken with Rice Noodles + Orange<br>鸡肉炒米粉 + 橙<br><br>   | <b>THURSDAY 24<sup>th</sup></b><br><br>Pumpkin & Minced Pork Congee + Cantaloupe<br>南瓜碎肉粥 + 哈密瓜<br><br>                   | <b>FRIDAY 25<sup>th</sup></b><br><br>Beef Bolognese + Banana<br>肉酱意粉 + 香蕉<br><br>                       |



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



September 2026

# PREPARATORY YEARS SNACK MENU



MONDAY 28<sup>th</sup>

**Tuna Mayo Sandwich  
+ Apple**  
金枪鱼美乃滋三文治 + 苹果



TUESDAY 29<sup>th</sup>

**Stir-Fried Mixed Vegetables  
with Udon + Watermelon**  
杂菜炒乌冬 + 西瓜



WEDNESDAY 30<sup>th</sup>

**Croissant + Orange**  
牛角包 + 橙



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