



FEEDBACK



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sodexo MENU MECHANISM

Sustainability Commitment on Your Plate



Smart Meal Choices with our Traffic Light



All menus are nutritionist-reviewed and tailored by age group

Allergen Alert & Food Icons



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.

October 2026

PREPARATORY YEARS SNACK MENU

sodexo

FRIDAY 2nd

Staff Professional Development Day (No Classes)

FRIDAY 9th

Spinach and Cheese Quiche + Banana
菠菜奶酪法式咸派 + 哈密瓜



FRIDAY 16th

Sweet Potato Congee + Cantaloupe
红薯粥 + 哈密瓜



FRIDAY 30th

Pork & Vegetable Dumplings + Cantaloupe
菜肉饺子 + 哈密瓜



THURSDAY 8th

Apple Cup Cake + Cheerios + Cantaloupe
热香饼 + 脆穀樂 + 香蕉



THURSDAY 15th

Hainanese Chicken Rice + Banana
海南鸡饭 + 香蕉



THURSDAY 29th

Croissant + Banana
牛角包 + 香蕉



WEDNESDAY 7th

Stir-fried Flat Rice Noodles with Beef + Watermelon
干炒牛河 + 西瓜



WEDNESDAY 14th

Tuna Mayo Sandwich + Watermelon
金枪鱼蛋黄酱三明治 + 西瓜



WEDNESDAY 28th

Stir-Fried Chicken with Macaroni in Soup + Watermelon
炒鸡肉汤通心粉 + 西瓜



TUESDAY 6th

Italian Meatballs + Orange
意式烩肉丸 + 橙子



TUESDAY 13th

Stir-Fried Rice Noodle with Vegetables + Orange
蔬菜炒米粉 + 橙子



TUESDAY 27th

Strawberry Jam Sandwich + Orange
草莓果酱三文治 + 橙子



MONDAY 5th

Spaghetti with mixed Vegetables and Lentil Bolognese + Apple
杂菜素肉酱意面 + 苹果



MONDAY 12th

Oatmeal with Soy Milk + Apple
豆奶燕麦粥 + 苹果



MONDAY 26th

Egg & Cheese English Muffin + Apple
芝士蛋英式松饼 + 苹果



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

