



Kampala International School Uganda - Canteen

From 16th APRIL 2018 To 11TH MAY 2018
Email:- canteen@kisu.com



Week	DATE	DAY	NON - VEGETARIAN	VEGETARIAN				SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS	
	16.04.18	Mon	Classic Goulash -(Mince beef meat & Pasta) or Fish fry	Aloo Gobi	Spinach Fritter	Dal Tadka	Rice	Hummus	Chapati	Pita Bread	Toasted Green peas	Carrot salad	Choco Cake	
	17.04.18	Tue	Meat Balls (OR) Fish Balls	Baingan Bharta	Spicy Potatoes	Hot & Sour Sauce	Rice		Mashed Potatoes with Sauce		Grilled French beans	Cabbage Salad	Fresh Banana	
	18.04.18	Wed	Macaroni Cheese & Fussli	Stuffed pepper	kidney Beans with Sauce	Green Dal	Rice	Hummus	Tomato . Gravy	Chapati	Pita Bread	Stir Cabbage	Potato Salad	Strawberry Cake
	19.04.18	Thu	Chicken Shawarma	Stuffed potatoes	Tomato Sauce	French Beans Curry	Rice		Spaghetti with BBQ Sauce	Chapati	Pita Bread	Saute Vegetables	Tomato/Onion/Lettuce	Watermelon slices
	20.04.18	Fri	Batter Pepper Fish	Bhindi fry	Veg. Fritters	Mix. Veg. stir fry	Rice	Hummus	Chips	Chapati	Pita Bread	Mixed Veggies	Veg. Salad	Tropical Fruit Cuts

Week	DATE	DAY	NON - VEGETARIAN	VEGETARIAN				SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS	
	23.04.18	Mon	Cottage pie	Baked Potato	Navratan Korma	Fried Cheakpeas	Rice	Hummus	Chapati	Pita Bread	Grilled Cauliflower	Lettuce Salad	Pineapple Wedges	
	24.04.18	Tue	Creamy Lasange (OR) Fish Goan Curry/Rice	Batata Vada	Roasted Veg. Lasange	Dal fry	Rice		Chapati		Toasted kidney Beans	Garden Salad	Banana Fritters	
	25.04.18	Wed	Veg. Pizza	Batata Harra	Lacha Partha	Veg. Pizza	Rice	Hummus	Chapati	Pita Bread	Spinach	Creamy Potato Salad	Fruit Cuts	
	26.04.18	Thu	Shawarma - BEEF	Hash Browns	Veg. Balls	Tomato Gravy	Rice		Pasta with Tomato Sauce	Chapati	Pita Bread	Glazed Broccoli	Tomato/Onion/Lettuce	Chocolate Fudge Cake
	27.04.18	Fri	Baked Tilapia in Garlic and Pepper	Hasselback potatoes	Palak Bhajia	Veg. Curry	Rice	Hummus	Chips	Chapati	Pita Bread	Baked Veg.	Ratatouille	Watermelon wedges

Week	DATE	DAY	NON - VEGETARIAN	VEGETARIAN				SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS	
	30.04.18	Mon	Kheema Kebabs (OR) Fried Fish with Sauce	Shimla Mirch Aaloo	Crispy Veg. Kebabs	Curry Sauce	Rice	Hummus	Boiled Potatoes with Gravy	Chapati	Pita Bread	Saute Cabbage	Carrot Pineapple Salad	Banana Cake
	01.05.18		HOLIDAY									Fattoush		
	02.05.18	Wed	Creamy Veg. Lasange	Vegetable Bonda	Veg. Stir	Gravy	Rice	Hummus	Chapati	Pita Bread	Stir Veggies	Russian Salad	Pineapple Cuts	
	03.05.18	Thu	Shawarma - Chicken	Gobhi 65	Veg. Croquettes	Manchurian Sauce	Rice		Spaghetti/Hot&Sour Sauce	Chapati	Pita Bread	Carrots Sticks	Tomato/Onion/Lettuce	Marble cake
	04.05.18	Fri	Fish Fingers	Ratatouille	Veg. Tempura	sweet & hot Sauce	Rice	Hummus	Chips	Chapati	Pita Bread	Mixed Veggies	Tandoor Salad	Fruit Cuts

Week	DATE	DAY	NON - VEGETARIAN	VEGETARIAN				SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS	
	07.05.18	Mon	Mince Meat Balls (OR) Fish Patties	Gobhi Mattar Aloo	Veg. Fritters	Hot & Sour Sauce	Rice	Hummus	Spaghetti with Tomato Sauce	Chapati	Pita Bread	French Beans	Carrot and Cucumber salad	Fresh Banana
	08.05.18	Tue	Beef fry (OR) Chicken Stir fry	Palak Panner	Roast Potato	Tomato Dal	Rice		Rice with Gravy	Chapati		3 Beans	Bean Salad	Strawberry Jam Tarts
	09.05.18	Wed	Veg.Pizza	Veg. Manchurian	Tomato Sauce	Mix Veg. Curry	Rice	Hummus	Chapati	Pita Bread	Glazed Cauliflower	Shiraz Salad	Pineapple cuts	
	10.05.18	Thu	Shawarma - BEEF	Veg.Patties	Brown Sauce	French bean fry	Rice		Rice with Manchurian Sauce	Chapati	Pita Bread	Carrot Sticks	Tomato/Onion/Lettuce	Assorted cake
	11.05.18	Fri	Balsami Baked Tilapia	Veg. Chips -	Spinach Bhagiya	Spinach Bhagiya	Rice	Hummus	Chips	Chapati	Pita Bread	Grilled Vegetables	Chef's Salad	Tropical Fruit Cuts

Eat Better Feel Better

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