



Kampala International School Uganda - Canteen

From 21st August 2017 to 15th September 2017



While the membership of this school has achieved a number of high quality and other accreditation awards, this accreditation does not constitute a guarantee of the school's performance or quality. The accreditation is subject to the terms and conditions of the accreditation agreement and the school's performance is subject to the terms and conditions of the accreditation agreement. The accreditation is not a guarantee of the school's performance or quality. The accreditation is not a guarantee of the school's performance or quality. The accreditation is not a guarantee of the school's performance or quality.

Week 1	DATE	DAY	NON - VEGETARIAN	VEGETARIAN			SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS
	21.08.17	Mon	Meat Lasange (OR) Tillapia with Brown sauce & Rice	Veg. Lasange	Rajma	Chana Dal & Rice	Hummus	Rice	Chapati	Pita Bread	French Beans	Fresh Veg. Salad
22.08.17	Tue	Roast Steak Slices (OR) Roast Fish with BBQ Sauce	Stuffed Green Pepper	Sauce	Dal Tadka & Rice		Boiled Potatoes	Chapati		3 Beans	Cumber Salad	Choco Cake
23.08.17	Wed	Neapolitan Pizza	Stuffed Paratha	Raitha	Dal Makhani & Rice	Hummus		Chapati	Pita Bread	Coselaw	Fattoush	Pineapple cuts
24.08.17	Thu	Chicken - Shawarma	Crispy Veg. Crockets	Gravy	Green Dal & Rice		Macaroni with Sauce	Chapati	Pita Bread	Glazed Cauliflower	Potato Salad	Fruit Custard
25.08.17	Fri	Black Pepper & lemon Grilled Tillapia	Mix. Veg. Bites	Tawa Vegetables	Black Dal	Hummus	French Fries	Chapati	Pita Bread	Grilled Vegetables	Chef's Salad	Watermelon Cuts

Week 2	DATE	DAY	NON - VEGETARIAN	VEGETARIAN			SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS
	28.08.17	Mon	Meat Balls (OR) Fish Balls with Pepper Sauce	Veg. Patties	Raitha	Chana Dal & Rice	Hummus	Mashed Potatoes	Chapati	Pita Bread	Broccoli Florets with lemon	Assorted veg Salad
29.08.17	Tue	Mutton Rogan Josh (OR) Fish Fried Rice	Tawa Vegetable		Dal Makhani & Rice			Chapati		Toasted Green peas	Tabbouleh	Fresh Yoghurt
30.08.17	Wed	Fussli Pasta with Tomato sauce	Cheese Kebabs	Brown Sauce (for Veg.)	Green Dal & Rice	Hummus		Chapati	Pita Bread	Grilled French beans	Coleslaw	Banana Cake
31.08.17	Thu	Shawarma - Chicken	Potato Tacos	Tomato Sauce	Dal Tadka & Rice		Spagathetti with Stir veg. Sauce	Chapati	Pita Bread	Saute Cabbage	Rice salad	Tropical fruit Cuts
01.09.17	Fri	Fish Fingers	Bread Pakoda	Curry Sauce with Cream	Black Dal	Hummus	Chips	Chapati	Pita Bread	Sauted Vegetables	KISU Salad	Watermelon wedges

Week 3	DATE	DAY	NON - VEGETARIAN	VEGETARIAN			SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS
	04.09.17	Mon	Shepards Pie (OR) Grilled Tilapia with Tomato Sauce	Green Peas Kebabs	Tomato Salsa	Chana Dal & Rice	Hummus		Chapati	Pita Bread	Grilled Veg.	Red Bean Salad
05.09.17	Tue	Grilled Beef (OR) Fish Chinese style	Corn Kebabs	Gravy	Tomato Dal & Rice		Saute Potatoes	Chapati		Spinach	Avacado Tomato Salad	Carrot Cake
06.09.17	Wed	Margherita Pizza		Stuffed Paratha	Green Dal & Rice	Hummus	Pulka (for veg)	Chapati	Pita Bread	French Beans	Tabbouleh	Pan cakes with Maple Syrup
07.09.17	Thu	Shawarma - Chicken	Veg. Manchurian	Sweet and hot Sauce	Dal Tadka & Rice		Rice with Gravy	Chapati	Pita Bread	Lemon Glazed Carrot Sticks	Onion/Lettuce/ Tomato	Pineapple cuts
08.09.17	Fri	KISU Style Fish fingers	Potato Bhagiya	Kadai Veg.	Shahi Dal	Hummus	Chips	Chapati	Pita Bread	Mixed Veggies	Chef's Salad	Tropical Fruit Cuts

Week 4	DATE	DAY	NON - VEGETARIAN	VEGETARIAN			SIDE DISH	ACCOMPANIMENTS		VEGGIES	SALAD	DESSERTS
	11.09.17	Mon	KISU Beef with Gravy (OR) Fish curry	Kashmiri Dum Aloo	Tomato Salsa	Chana Dal & Rice	Hummus	Rice	Chapati	Pita Bread	Saute French Beans	Bean sprout Salad
12.09.17	Tue	Mutton Keema Kebabas (OR) Fish Stew	Veg. Cheese Balls	Gravy	Tomato Dal & Rice		Mashed Potatoes	Chapati		Baked Tomatoes	Shiraz Salad	Watermelon Wedges
13.09.17	Wed	Baked Macaroni Cheese	Dal Vada	Sauce (for Veg)	Green Dal & Rice	Hummus		Chapati	Pita Bread	Beans Chat	Russian Salad	Banana Fritters
14.09.17	Thu	Shawarma - Chicken	Veg Rolls	Curry Sauce	Dal Tadka & Rice		Spagathetti with Tomato Sauce	Chapati	Pita Bread	Steamed Mix.Veg.	Onion/Lettuce/ Tomato	Pineapple cuts
15.09.17	Fri	English Fish	Stuffed Green pepper	Grilled Marinated Veg.	Black Dal	Hummus	Chips	Chapati	Pita Bread	Mix. Veggies	Carrot Pineapple Salad	Fruit cuts

Eat Better Feel Better

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