



**Cambridge Assessment
International Education**



Kampala International School Uganda - Canteen

From 16th August 2018 to 14th September 2018



DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS		
16.08.18	Thursday	Chicken Shawarma	Veg.Fritters	Dal Tadka	French Bean Curry	Spagathetti with sauce		Grilled veggies	Carrot & Pineapple	Cake
17.08.18	Friday	Grilled Fish	Veg.Patties	Tomato Dal	Cauliflower curry	French Fries	Chapati Pita Bread	Mix.Veggies	Green Salad	Tropical Fruit Cut

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
20.08.18	Mon	Meat Lasange (OR) Tilapia with Brown sauce & Rice	Veg. Lasange	Rajma	Chana Dal & Rice	Hummus	Rice	Chapati Pita Bread	French Beans	Fresh Veg. Salad	Banana
21.08.18	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
22.08.18	Wed	Public Holiday									
23.08.18	Thu	Chicken - Shawarma	Crispy Veg. Crockets	Gravy	Green Dal & Rice		Macaroni with Sauce	Chapati Pita Bread	Glazed Cauliflower	Potato Salad	Fruit Custard
24.08.18	Fri	Black Pepper & lemon Grilled Tilapia	Mix. Veg. Bites	Tawa Vegetables	Black Dal	Hummus	French Fries	Chapati Pita Bread	Grilled Vegetables	Chef's Salad	Watermelon Cuts

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
27.08.18	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	Pineapple cuts
28.08.18	Tue	Mutton Rogan Josh (OR) Fish Fried Rice	Tawa Vegetable		Dal Makhani & Rice			Chapati	Toasted Green peas	Tabbouleh	Fresh Yoghurt
29.08.18	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
30.08.18	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
31.08.18	Fri	Fish Fingers	Bread Pakoda	Curry Sauce with Cream	Black Dal	Hummus	Chips	Chapati Pita Bread	Sauteed Vegetables	KISU Salad	Watermelon wedges

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
03.09.18	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	Banana
04.09.18	Tue	Grilled Beef (OR) Fish Chinese style	Corn Kebabs	Gravy	Tomato Dal & Rice		Saute Potatoes	Chapati	Spinach	Avacado Tomato Salad	Carrot Cake
05.09.18	Wed	Margherita Pizza		Stuffed Paratha	Green Dal & Rice	Hummus	Pulka (for veg)	Chapati Pita Bread	French Beans	Tabbouleh	Pan cakes with Maple Syrup
06.09.18	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
07.09.18	Fri	KISU Style Fish fingers	Potato Bhagiya	Kadai Veg.	Shahi Dal	Hummus	Chips	Chapati Pita Bread	Mixed Veggies	Chef's Salad	Tropical Fruit Cuts

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
10.09.18	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	Marble Cake
11.09.18	Tue	Mutton Keema Kebabas (OR) Fish Stew	Veg. Cheese Balls	Gravy	Tomato Dal & Rice		Mashed Potatoes	Chapati	Baked Tomatoes	Shiraz Salad	Watermelon Wedges
12.09.18	Wed	Baked Macaroni Cheese	Dal Vada	Sauce (for Veg)	Green Dal & Rice	Hummus		Chapati Pita Bread	Beans Chat	Russian Salad	Banana Fritters
13.09.18	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
14.09.18	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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