



KAMPALA INTERNATIONAL SCHOOL UGANDA

Menu (9 Jan - 3 Feb 2023)

	DATE	DAY	NON - VEGETARIAN	SIDE DISH	EXTRA	VEGGIES	SALAD	VEGETARIAN			DESSERTS	
w e e k 1	9-Jan	Mon	Beef Mince Meat Balls (or) Fish Balls	Mashed Potatoes & Gravy		Carrots Sticks	Tomato and Onion	Vegetable Cutlets	French Bean with Sauce	Achary Dal	Rice & Chapati	Pineapple Cuts
	10-Jan	Tues	Mutton Rogan Josh (or) Egg Curry	Rice	Chapatis	Kidney beans with herbs	Tandoori	Spinach Fritters	Cheakpeas with Sauce	Dal Tadka & Rice	Rice & Chapati	Choco Cake
	11-Jan	Wed	Mexican Spaghetti			Saute French Beans	Potatoes with Herbs/Lemon	Stuffed Paratha	Okra with Sauce	Dal Makhani & Rice	Rice & Chapati	Banana
	12-Jan	Thurs	Chicken Tikka	Rice with Tomato Sauce	Chapatis	Spiced Cauliflower	Mix Pepper	Bread Pakoda	Gravy	Green Dal & Rice	Rice & Chapati	Assorted Cake
	13-Jan	Fri	Fish Nuggets	Chips with Masala sauce		Mix Veggies	Coleslaw	Harabhara Kebabs	Tawa Vegetables	Black Lentil	Rice & Chapati	Mixed Fruit cuts
w e e k 2	16-Jan	Mon	Meat Lasange (or) Egg Fritters		Chapatis	Grilled Broccoli	Tomato and Cucumber	Veg. croquettes	Mix Veg with Sauce	Chana Dal & Rice	Rice & Chapati	Fruit cup Cakes
	17-Jan	Tues	Pan Fried Meat (or) Fish	Rice and Curry Sauce		Steamed Cassava Sticks	Grated Carrot	Tawa Vegetable	Saute Potatoes	Dal Makhani & Rice	Rice & Chapati	Banana
	18-Jan	Wed	Pizza			French Beans	Red/Yellow Pepper	Cheese Kebabs	Cheakpeas with Gravy	Green Dal & Rice		Pineapple Sticks
	19-Jan	Thurs	Chicken Balls	Spaghetti with Napolitana Sauce	Chapatis	Steamed Cauliflower	Tandoori	Potato Tacos	Tomato Sauce	Dal Tadka & Rice	Rice & Chapati	Vanilla Cake
	20-Jan	Fri	Fish Fingers	Saute Chips		Mix Veggies	Coleslaw	Mix. Veg Curry	Spinach Fritters	Black Dal	Rice & Chapati	Mixed Fruit Cuts
w e e k 3	23-Jan	Mon	Shepards Pie (OR) Grilled Tilapia with Tomato Sauce		Chapatis	Baked Broccoli	Cabbage	Spinach Cheese Rolls	Okra with sauce	Spicy Potatoes	Rice & Chapati	ChocoCake
	24-Jan	Tues	Meat Stew (or) Egg Bujiya	Rice		Kidney Beans with herbs	Cucumber with Mint Sauce	Machurian Balls	French Beans curry	Green Lentil	Rice & Chapati	Fruit cuts
	25-Jan	Wed	Rice Pulao			Carrots with Honey	Cucumber and Tomato	Gobi Partha	Spinach Sauce	Black Dal	Rice & Chapati	Strawberry Cake
	Holiday	Thurs										
	27-Jan	Fri	Baked - Fish	Chips		Mix Veggies	Coleslaw	Onion rings	Veg Stew	Mixed Dal	Rice & Chapati	Watermelon wedges
w e e k 4	30-Jan	Mon	Fish Balls	Rice with Gravy	Chapatis	Grilled and Spiced Broccoli	Tabbouleh	Potato Bhagiya	Kashmiri Dum Aloo	Chana Dal & Rice	Rice & Chapati	Choco Donuts
	31-Jan	Tues	Mutton Keema with Gravy (OR) Egg Bhagiya	Creamy Mashed Potatoes		Steamed Cauliflower	Carrot and Pineapple	Veg Cheese Balls	Gravy	Tomato Dal & Rice	Rice & Chapati	Watermelon Wedges
	1-Feb	Wed	Spaghathetti Napolitana	White Sauce		Saute French Beans	Grated Cucumber	Falafel	Tawa Veg	Green Dal & Rice	Rice & Chapati	Crepes/Fruit
	2-Feb	Thurs	Chicken Tikka	Rice with Tomato Sauce	Chapatis	Steamed Carrots	Garden	Veg Rolls	Veg. with Creamy Sauce	Dal Tadka & Rice	Rice & Chapati	Pineapple cuts
	3-Feb	Fri	English Fish	Chips		Mix. Veggies	Coleslaw	Pakora	Grilled Marinated Veg.	Black Dal	Rice & Chapati	Fruit cuts

Email:- canteen@kisu.com

website :- www.kisu.com

Eat Better Feel Better