

KAMPALA INTERNATIONAL SCHOOL UGANDA

School Menu: 15th May - 10th June 2023

	DATE	DAY	NON - VEGETARIAN	SIDE DISH	VEGGIES, SALAD & BREAD			VEGETARIAN				DESSERTS
w e e k 5	15-May	Mon	Bolanese Sauce (OR) Egg Bhugiya with Sauce	Creamy Mashed Potatoes	Steamed Broccoli	Steamed Cauliflower	Tomato Slices with Fresh Herbs/Spice	Cheakpeas with Tomato Sauce	Potato and Veg. Tikki	Green Dal	Rice & Chapati	Marble Cake
	16-May	Tues	Goat Stew (or) Fish Stew	Rice	French Beans	Saute Spinach with Onion	Mixed Peppers	Calabash Curry	Veg. Manchurian	Chana Dal fry	Rice & Chapati	Pineapple Cuts
	17-May	Wed	Vegetable crocquets	Patti Paper / Mint Sauce and Tomato Sauce	Tomato Strips	Mixed Lettuce	Cucumber strips	Veg. Korma	Jacket Potatoes with Cheese	Jeera Dal	Rice & Chapati	Watermelon cuts
	18-May	Thurs	Chicken Balls	Mexican Spaghetti	SteamedCarrot	Tortillas	Oriental salad	Okra with Tomato Sauce	Veg Balls	Dal Tadka	Rice & Chapati	Pancake wih Syrup
	19-May	Fri	Tandoori Fish	Chips with Spices	Tomato with Coriander	Saute veggies	Coleslaw	Mixed Veg with Tandoori Masala	Veg Pakoda	Mix Dal	Rice & Chapati	Three Fruit cuts
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	22-May	Mon	Beef with Gravy (OR)Fish Stew	Boiled Potatoes with Saute Veg	Grilled French Beans	Cassava Sticks	Tomato Salad	Baby Marrow with Onion Gravy	Sweet Corn Patties	Green Dal	Rice & Chapati	Pineapple cuts
	23-May	Tues	Meat Lasange (OR) Egg Curry/Rice		Baked Broccoli	Spiced Carrots	Green Salad	Green Veg with Spinach Sauce	Veg. Jalfrej	Chana Dal fry	Rice & Chapati	Banana Cake
	24-May	Wed	Vegetable Wraps	Yohurt Mint Sauce and Tomato Sauce	Tomato strips	Mixed Lettuce	Mixed Peppers	Korma Curry	Falafel	Dal Makhani	Rice & Chapati	Fruit Salad
	25-May	Thurs	Chicken Tandoori	Rice with Tikka Masala	Juliene Cucumber	Tortillas	Fattoush Salad	Cauliflower Peas Masala	Vegetable Kebabs	Tomato Dal Tadka	Rice & Chapati	Donuts with Choco Cream
w e e k 7	26-May	Fri	Grilled Fish	Saute Potatoes	Tomato with Coriander	Saute Veggies	Coleslaw	Tawa Veg	Spinach Bites	Mix Dal	Rice & Chapati	Mix Fruit Cuts
	29-May	Mon	Beef Bolonaise (OR) Fish Goan	Creamy Mashed Potatoes	French Beans	Kidney Beans	Tomato and Onion	Saute Spinach and Potatoes	Spinach and Cottage Cheese	Green Dal	Rice & Chapati	Choco Mandazi
	30-May	Tues	Meat Patties (or) Chicken Balls with Sauce	Penne Pasta with White and Red Sauce	Broccoli	Cucumber	Mixed Pepper Salad	Stuffed Bringals	Manchurian Balls	Chana Dal fry	Rice & Chapati	Rice Pudding
	31-May	Wed	Vegetable Pulao (OR) Cumin Rice	Stir fry Sauce (or) Yoghurt Mint Sauce	Saute Cauliflower	Tortillas	Green Salad	Tawa Vegetable	Hara Bhara patties	Dal Makhani	Rice & Chapati	Pineapple Slice
w e e k 8	1-Jun	Thurs	Chicken Wraps	Yohurt Mint Sauce and Tomato Sauce	Mix Lettuce	Shredded Cucumber	Tomato strips	Malai Kofta Curry	Spinach Pakora	Tomato Lentil with Garnish	Rice & Chapati	Watermelon Cuts
	2-Jun	Fri	Fish Nuggets	Saute Potatoes	Tomato with Coriander	Saute Veggies	Coleslaw	Mixes Veg with Gravy	Veg. Fritters	Mix Dal	Rice & Chapati	Two Fruit Cuts
	5-Jun	Mon	Chilly Con Carne (OR) Egg with Tomato Sauce	Spaghetti	French Beans	Broccoli	Pasta Salad	Veg. Tikki	Veg. Kadai	Green Dal	Rice & Chapati	Strawberry Cake
	6-Jun	Tues	Mutton Rogan Josh (OR) Fish with Cream Sauce	Rice	Carrots Sticks	Tortillas	Cucumber /Mint with Yoghurt	Deep fried Cauliflower	Cheakpeas with Tomato Sauce	Chana Dal fry	Rice & Chapati	Mixed Fruit Salad
8	7-Jun	Wed	Margerita Pizza		Saute Cabbage	Tomato slices with dressing	Potato Salad	Paneer Korma	Green Veg Stew	Tomato and Dal	Rice & Chapati	Pineapple Sticks
	8-Jun	Thurs	BBQ Chicken	Penne Pasta with Sir Fry Veg	Cassava	Pumpkin with seasoning	Oriental Salad	Bread Fritters	Mix Vegetable Curry	Dal Makhani	Rice & Chapati	Mandazi with Icing Sugar
	9-Jun	Fri	Grilled Fish	Saute Potatoes	Tomato with Coriander	Saute Veggies	Coleslaw	Onion Pakora	Tawa Vegetables	Mixed Dal	Rice & Chapati	Assorted Fruit Cuts

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Eat Better Feel Better