

KAMPALA INTERNATIONAL SCHOOL UGANDA
Cafeteria Menu: 20 November - 14 December 2023

w e e k 1 3	DATE	DAY			SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS	
	20-Nov	Mon	Mongolian Beef	Egg Masala	Creamy Mint Potatoes	Rice	Sprouts Chat	Peppered Radish	Tortilas	Haricot Beans	Pickled Onion	Chana Cassava	Gobi Manchurian	Coconut Dal	Roti	Pineapple Cake	Banana
	21-Nov	Tues	Goat Meat Balls	Chicken Balls	Spaghetti and Tomato Garlic Sauce	Rice	Tomato/Onion/ and Lemon Salad	Sliced Cucumber	Herbed Sweet Potatoes	Glazed French Beans	Mixed Lettuce	Gobi Matar	Masala Vada	Green Dal	Roti	Watermelon Cuts	
	22-Nov	Wed	Penne Napolitian	Veggie Rolls	Napolitian Sauce	Rice	Beetroot Seasoning	Tomato Cubes	Parsley Potatoes	Nachos	Raita	Dum Aloo Kashmir	Spinach Balls	Green Gram with Cumin	Roti	Fruit Custard	Pineapple
	23-Nov	Thur	Soya Peppered Chicken		Creamy sauce	Rice	Chef Special Salad	Braised Carrots	Herbed Cassava	Pesto Cauliflower	Green Salad	Paneer Korma	Sweet Corn Croquets	Sambhar	Roti	Two Fruit Cuts	
	24-Nov	Fri	Fried Fish in Oyster Sauce		BBQ Potatoes	Rice	Coleslaw	Kimchi Salad	Red Cabbage	Oriental Salad	Tomato and Coriander	Tawa Vegetable	Bread Bean Tikki	Dal Palak	Roti	Mixed Fruit slice	
w e e k 1 4	DATE	DAY			SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS	
	27-Nov	Mon	Meat Loaf	Fish with Okra	Mashed Potatoe with Minted Sauce	Rice	Sliced Marrow	Beetroot Salad	Broccoli & Cauliflower	White Bean Salad	Nachos	Green Vegetable Stew	Palat Pakora	Cumin Lentil	Roti	Strawberry Cookies	Banana
	28-Nov	Tues	Dal Gosht	Chicken Stew	Steamed Rice		Mixed Lettuce	Shredded Conconut & French Beans	Chapati	Corn Salad	Mixed Bell peppers	Kofta Curry	Methi Fritters	Dal Makhani	Roti	Pineapple Chunks	
	29-Nov	Wed	Kashmiri Pulao	Aloo Paratha	Curried Gravy	Plain Rice	Bhundi Raita	Sliced Tomatoes	Kidney Beans	Garden salad	Braised Broccoli	Yoghurt Okra	Hara Bhara Kebabs	Dal Fry	Roti	Samolina Pudding	Papaya
	30-Nov	Thur	Grilled Chicken		Mustard Sauce	Cumin Rice	Seasoned Cumcumber	Carrot Fingers	Papri	French Beans	Cabbage Salad	Baigan Bharta	Ivy Guard Fry	Lauki Dal	Roti	Watermelon cuts	
	1-Dec	Fri	Fish Cutlets		Baked Finger Potatoes	Sauce Louciana	Oriental Salad	Onion Chat Salad	Peas & Carrot	Buttered Pumpkin	Coleslaw	Mix. Veg Fugat	Veggie Fritters	Mixed Dal	Roti	Mixed Fruit Cuts	
w e e k 1 5	DATE	DAY			SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS	
	4-Dec	Mon	Beef Mince Roll	Omelette Curry	Spaghetti and Oriental Sauce	Rice	Babaganoush	Creamed Cassava	Basil Tomato	Gherkin Salad	Lettuce	Chana m/s	Veg Shami Kebabs	Mattar Dal	Roti	Chocolate Pudding	Banana
	5-Dec	Tues	Peri Peri Lamb	Peri Peri Chicken	Rice		Cabbage Pineapple Salad	Mustard Cumcumber	Mix Lettuce	Chapatis	Tandoori Salad	Aloo Palak	Falafel	Green Dal	Roti	Sliced Watermelon	
	6-Dec	Wed	Margherita Pizza		Rice with Veg Cream Sauce		White Bean Salad	Vichy carrots	Sprouts Salad	Tomato Basil	Potato Salad with Seasoning	Mush Matar M/s	Peas Nuggets	Dal Fry	Roti	Pineapple Cuts	
	7-Dec	Thur	Southern Baked Chicken		Masala Pulao with Tangy Gravy	Plain Rice	Fattoush Salad	Corn Salad	Herbed Tortillas	French Beans	Tornido Potatoes	Gobi Makhani	Moonie Vada	Dal Panchmel	Roti	Marble Cake	
	8-Dec	Fri	Crispy Fish Nuggets		Saute chips		Onion Ring salad	Diced Bell Peppers	Chana Chat	Sliced & Spiced Veg	Boiled Cauliflower	Beans Poriyal	Dahi Aloo	Sambhar	Roti	Mixed Fruit Cuts	
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	11-Dec	Mon	Beef Bolognese	Chicken Manchurian	Spaghetti	Rice	Pickled Onion salad	M/s. Chapati	Sliced Cucumber	Lettuce	Butter Carrots	Ivy Gourd Kofta Stew	Onion Pakora	Red Dal Tadka	Roti	Diplomat Mousse	Banana
	12-Dec	Tues	Grilled Beef Strips	Egg Masala	Sauce	Rice	Seasoned Beetroot	Cabbage Salad	Tomato Cubes	Nachos	Corn Chat	Eggplant with Gravy	Veg Manchurian	Yellow Dal	Roti	Pineapple Wedges	
	13-Dec	Wed	Oriental Pulao	Stuffed Curried Parathas	Veg Gravy	Plain Rice	Braised Radish	Cucumber with Yoghurt	Herbed Eggplant	Broad Beans Sald	Mixed Lettuce	Yoghur Kadi Pakora	Chana Dal Vada	Spinach dal	Roti	Coconut Burfi	Pineapple
	14-Dec	Thur	Tandoori chicken		Chips	Rice and Sauce	Corn on the Cob	Red Cabbage	French Beans	Sprouted Salad	Pickled Tomato	White Beans	Mixed Veg Vada	Green Dal	Roti	Mixed Fruits	