



KAMPALA INTERNATIONAL SCHOOL UGANDA

Cafeteria Menu: 9th January - 2nd February 2024

w e e k 1	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD						VEGETARIAN					DESSERTS	
	8th Jan	MON	Beef Mince Meat Croquette	or	Fish Croquette	Mexican Spaghetti	Rice	Pumpkin	Carrot Sticks	Spiced Tortilas	Tomato and Coriander	Cucumber Slices	Red Raddish with Gravy	Bread Rolls	Green Dal	Roti	Churros Poppers	Fruit		
	9th Jan	TUE	Goat Stew with Assorted Veggies	or	Egg Curry	Rice		Tomato/Onion/ & Lemon Salad	Grilled Broccoli	Chapatis	Glazed French Beans	Mixed lettuce	Calabash Curry	Fenugreek Balls	Chana Dal fry	Roti	Pineapple Cuts			
	10th Jan	WED	Vegetable Pulao		Vegetable Wraps	Creamy Sauce	Plain Rice	Yam	Tomato Cuts	Potatoes with Lemon & Herbs	Seasoned Cassava	Veg with Yoghurt	Fried Peas Stew	Corn patties	Jeera Dal	Roti	Banana			
	11th Jan	THUR	Grilled Rosemary Chicken		Rigatoni Pasta	Tomato Sauce Or White Sauce	Rice	Lettuce	Braised Carrots	Tomato Strips	Blanched Cauliflower	Green Salad	Spinach Cottage cheese Stew	Cassava Fritters	Dal Tadka	Roti	Ginger Brown Cake	Fruit		
	12th Jan	FRI	Fish Cakes			Paprika Potatoes	Rice	Coleslaw	French Beans	Mixed Veggies	Oriental Salad	Spicy Kidney Beans	Mixed Veg with Tandoori Masala	Veg Pakoda	Mix Dal	Roti	Passion / Papaya and Watermelon			
w e e k 2	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD						VEGETARIAN					DESSERTS	
	15th Jan	MON	Hungarian Goulash	or	Pan Fried Fish	Creamy Mashed Potatoes	Rice	Sliced Marrow	Peas & Carrot	Green Veggie Nachos	White Bean Salad	Broccoli & Cauliflower	Baby Marrow with Onion Gravy	Sweet Corn Patties	Green Dal	Roti	Custard with Mix Fruits	Watermelon slice		
	16th Jan	TUE	Beef (Minced) Lasagne	or	Egg with Tomato Sauce	Rice & Curry Sauce	Rice	Mixed Lettuce	French Beans with Sim Sim	Chapatti	Corn Salad	Mixed Bell peppers	Egg Plant with Gravy	Spinach Rolls (Gram flour)	Chana Dal Fry	Roti	Banana			
	17th Jan	WED	Margherita Pizza			Vegetable Stew	Plain Rice	Mixed Peppers	Sliced Tomatoes	Kidney Beans	Sukuma Wiki	Fried Cabbage	Aloo Palak	Batata Vada	Dal Makhani	Roti	Pineapple cuts			
	18th Jan	THUR	Chicken Spring Rolls		Spaghetti Napolitana	White Sauce	Cumin Rice	Seasoned Cumcumber	Carrot fingers	Sweet Potato	Buttered Pumpkin	Braised Broccoli	Lady finger with tomato sauce	Bang Bang Cauliflower (Sesame))	Tomato Dal Tadka	Roti	Donuts with Icing Sugar	Pineapple cuts		
	19th Jan	FRI	Baked Fish (Tandoori Masala)		BBQ Potatoes		Plain Rice	Oriental Salad	Fattoush Salad	Mixed Veggies	Mixed Beans	Coleslaw	Sweet Potato with Gravy	Methi Muthia	Pumpkin Dal	Roti	Mix Fruit Cuts			
w e e k 3	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD						VEGETARIAN					DESSERTS	
	22nd Jan	MON	Capital Pie (Beef)	or	Grilled Fish with Coconut Sauce	Rice		Broccoli	Seasoned Cassava	Basil Tomato	Green Nachos	Lettuce	Spinach and Cottage Cheese	Green Veg Croquettes	Green Dal	Roti	Mandazi with choco	Fruit		
	23rd Jan	TUE	Lamb Navarine (Goat)	or	Egg Bujiya	Spaghetti	Rice	Cabbage Pineapple Salad	Cumcumber Sticks	Mix lettuce	Chapatis	Tandoori Salad	Ivy Guard with tomato sauce	Manchurian Balls	Chana Dal fry	Roti	Pineapple Slice			
	24th Jan	WED	Rice Pulao		Veg Samosa	Curry Sauce	Rice	White Bean Salad	Carrots Strips	Sprouts Salad	Tomato Basil	Potato salad with Seasoning	Red Raddish with Gravy	Hara Bhara patties	Dal Makhani	Roti	Rice Pudding	Passion Fruit		
	25th Jan	THUR	Baked Paparika Chicken		Red Pesto Pasta	White Sauce	Plain Rice	Fattoush Salad	Mixed Veg. Salad	Herbed Tortillas	French Beans	Potatoes	Thai Red Curry	Spinach pakora	Tomato Lentil with Garnish	Roti	Watermelon Cuts	Papaya Slice		
	26th Jan	FRI	PUBLIC HOLIDAY																	
w e e k 4	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD						VEGETARIAN					DESSERTS	
	29th Jan	MON	Fish Balls	or	Chicken Balls	Stir Fried Spaghetti	Rice	French Beans	Chapati	Sliced Cumcumber	Lettuce	Carrots	Cheakpeas with Tomato Sauce	Vegetable Tikki	Green Dal	Roti	Crepes	Fruit cut		
	30th Jan	TUE	Goat Minced Meat Cake	or	Egg Keema	Gravy	Rice	Broccoli with Herbs	Cabbage Salad	Tomato Cubes	Nachos	Cabbage Salad	Green Vegetable Stew	Yoghurt Pakora	Chana Dal fry	Roti	Mixed Fruits Salad			
	31st Jan	WED	Vegetable Biryani		Spring Rolls	Veg Gravy	Rice	Tabbouleh	Cucumber with Yoghurt	Carrot Sticks with Honey	Broad Beans Salad	Mixed Lettuce	Paneer Korma	Vegetable Balls	Tomato and Dal	Roti	Pineapple sticks	Watermelon slice		
	1st Feb	THUR	Orange Chicken Tikka		Pasta with Herbs and Spices	Tomato Sauce	Rice	Fattoush Salad	Red Cabbage	French Beans	Grilled Egg Plant	Mixed Veggies	Beans withTomato Sauce	Bread Fritters	Dal Makhani	Roti	Assorted Cake	Fruit cuts		
	2nd Feb	FRI	English Fish			Spicy Potato Cubes	Rice	Coleslaw	Tomato Strips	Carrots Strips	Lettuce	French Beans	Tawa Vegetables	Fenugreek Patties	Mixed Dal	Roti	Passion/Pineapple and Watermelon cuts			