

KAMPALA INTERNATIONAL SCHOOL UGANDA

Cafeteria Menu: 4th March - 28th March 2024

week 9	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS		
	4th March	Mon	Beef Lasagne	or	Egg Tomato Masala	Rice		Red Onion Salad	Grilled Broccoli	Nachos	French Beans with Sim Sim	Spiced Cassava Slices	Rajama	Fenugreek Balls	Chana Dal Fry	Roti	Danish Pastry	Watermelon Slices	
	5th March	Tues	Goat Meat Cake Slice	or	Fish Stew	Mexican Spaghetti	Rice	Zucchini Salad	Carrot Sticks	Spiced Tortillas	Tomato and Coriander	Cucumber Slices	Kashmiri Dum Aloo	Bread Rolls	Green Dal	Roti	Pineapple Cuts		
	6th March	Wed	Veg Pilao		Veg Wraps	Curry Sauce	Plain Rice	Cucumber Strips with Yoghurt	Tomato Cuts	Diced Potatoe with spices	Steamed Broccoli	Cabbage strips	Fried Peas Stew	Corn Capsicum Tikki	Jeera Dal	Roti	Mocca Cake	Banana	
	7th March	Thurs	Paparika Chicken		Penne Pasta	Tomato Sauce Or White Sauce	Rice	Lettuce	Braised Carrots	Tomato Strips	Onion Salad	Green Salad	Spinach Cottage Cheese Stew	Cabbage Kofta	Dal Tadka	Roti	Fruit Salad		
week 10	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS		
	11th March	Mon	Beef Mince Croquette	or	Egg with Onion & Tomato Gravy	Creamy Mashed Potatoes	Rice	Sliced Marrow	Peas & Carrot	Green Veg Nachos	White Bean Salad	Broccoli	Spinach Mushroom	Sweet Corn Patties	Green Dal	Roti	Pancakes with Syrup	Watermelon Slices	
	12th March	Tues	Goat Cubes with Lentils		Fish Stew	Steamed Rice		Mixed Lettuce	French Beans with Sim Sim	Kidney Beans	Cauliflower	Mixed Bell Peppers	Navaratan Korma	Bread Roll Fritters	Chana Dal Fry	Roti		Fruit Slices	
	13th March	Wed	Kashmiri Pulao		Spring Rolls	Gravy	Plain Rice	Spiced Potato Strips Salad	Sliced Tomatoes	White Beans Salad	Sukuma Wiki	Cucumber Sticks	Kadai Veg	Batata Vada	Dal Makhani	Roti	Banana		
	14th March	Thurs	Chicken Katti Roll		Penne with Napolitana Sauce	White Sauce	Rice	Cucumber Strips	Onion Cuts	Lettuce	Potato Strips with Seasoning	Mix Peppers	Aloo Palak	Falfel	Green Dal	Roti	Tooti Fruity Cake	Pineapple Cuts	
	15th March	Fri	Fish Fingers		Masala Slap Chips		Rice	Oriental Salad	Fattoush Salad	Mixed Veggies	Mixed Beans	Coleslaw	Mush Matar M/s	Peas Nuggets	Dal Fry	Roti	Mixed Fruit Cuts		
week 11	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS		
	18th March	Mon	Mixed Peppers Pan Fried Beef Cubes with Pepper Sauce	or	Grilled Fish with Coconut Sauce	Mashed Potatoes	Rice	Broccoli	Seasoned Cassava	Basil Tomato	Green Nachos	Pumpkin	Spinach and Cottage Cheese	Green Veg Croquettes	Green Dal	Roti	Choco Muffins	Fruit	
	19th March	Tues	Beef Chilly Con Carne	or	Egg Bujiya	Spaghetti	Rice	Carrot Pineapple Salad	Cucumber Sticks	Mix Lettuce	Cauliflower	Spiced French Beans	Ivy Guard with tomato sauce	Manchurian Balls	Chana Dal Fry	Roti	Pineapple Sticks		
	20th March	Wed	Veg Pulao		Veg Samosa	Gravy	Rice	White Bean Salad	Carrots Strips	Cucumber Raitha	Tomato Basil	Potato Salad with Seasoning	Red Raddish with Gravy	Hara Bhara patties	Dal Makhani	Roti	Watermelon Slices	Passion fruit	
	21st March	Thurs	Chicken Croquettes	or	Wrap with Veggies	Mint Sauce / Tomato sauce	Rice	Cucumber Strips	Onion Cuts	Lettuce	Potato Strips with Seasoning	Mix Peppers	Lady Finger with Tomato Sauce	Bang Bang Cauliflower (sim sim)	Tomato Dal Tadka	Roti	Assorted Muffins	Pineapple Cuts	
	22nd March	Fri	BBQ Spiced Fish	or	Slap chips		Rice	Onion salad	Fattoush Salad	Mixed Veggies	Mixed Beans	Coleslaw	Tawa Vegetables	Methi Muthia	Mixed Dal	Roti	Mix Fruit Cuts		
week 12	DATE	DAY				SIDE DISH		SALADS /SALAD DRESSING/ VEGGIES / BREAD					VEGETARIAN				DESSERTS		
	25th March	Mon	Beef Strips with Pepper and Cabbage	or	Fish with Pepper & Cabbage	Tossed Spaghetti with Tomato sauce	Rice	French Beans	Tortillas	Cucumber salad	Lettuce	Carrots	Chickpeas with Tomato Sauce	Veg Tikki	Green Dal	Roti	Donuts	Fruit Cuts	
	26th March	Tues	Goat Mince Patties		Egg Keema	Gravy	Rice	Broccoli with Herbs	Cabbage Salad	Seasoned Tomato Slice	Nachos	French Beans	Veg stew	Palak Methi Fritters	Chana Dal fry	Roti	Pineapple Cuts		
	27th March	Wed	Veg Fried Rice		Veg Samosa	Creamy Curry Sauce	Plain Rice	Cucumber Strips with Yoghurt	Tomato Cuts	Diced Potato with Spices	Zucchini Salad	Cabbage Strips	Paneer Korma	Veg Balls	Tomato & Dal	Roti	Choco cake	Fruit Slices	

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Eat Better Feel Better