

KAMPALA INTERNATIONAL SCHOOL UGANDA

CAFETERIA MENU: 22nd April - 16th May 2025

Week	DATE	DAY	NON-VEGETARIAN	SIDE DISH		SALAD BAR /VEGGIES/ BREAD - DRESSING						VEGETARIAN					DESSERTS
3	22-Apr	Tue	Chicken Kebabs	Penne Pasta with Red and White Sauce	Rice /Sauce	Steamed Cauliflower	Tomato	Honey Glazed Carrots	Sukuma Wiki	Mint Yoghurt	Chef's Choice Salad	Tawa Mushroom	Veg. Samosa	Yellow Dal With Veg.	Sauce	Roti	Crepe's with Syrup (or) Fruit
	23-Apr	Wed	Pizza	Stir Veg Sauce	Rice	Steamed Pumpkin	Grilled Carrots	Green Beans	Sauté Zucchini	Broccoli	Chef's Choice Salad	Yam with Onion Sauce	Manchurian Balls	Red Dal With Veg.	Sauce	Roti	Watermelon cuts
	24-Apr	Thu	Beef Empanadas (or) Fish Empanadas	Mexican Spaghetti	Rice /Sauce	Grilled Veg	Carrots	Cucumber	Onion	Sukuma	Chef's Choice Salad	Squash Korma	Veg. quiche	Green Dal With Veg.	Sauce	Roti	Choco Donuts (or) Fruit
	25-Apr	Fri	Rosemary Fish	Chips	Rice /Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Yoghurt with Herbs	Chef's Choice Salad	Egg Plant & Potato with Gravy	Anaheim Pepper Fritters	Mixed Dal with Veg.	Sauce	Roti	Pineapple cuts
4	28-Apr	Mon	Beef Teriyaki (or) Egg Curry	Teriyaki Sauce	Rice	Chinese cabbage	Avocado Tomato	Purple Cabbage	French Beans	Chapatti	Garden Salad	Coconut Curried Tofu	Hara Bhara Kebabs	Yellow Dal With Veg.	Sauce	Roti	Mocca Cake (or) Fruit
	29-Apr	Tue	Beef Bolognese (or) Fish with Brown Sauce	Spaghetti	Rice/Sauce	Steamed Cauliflower	Basil Tomato	French Beans	Sukuma wiki	Fruit yoghurt	Chef's Choice Salad	Chilly Paneer	Fried Plantain	Red Dal With Veg.	Sauce	Roti	Pineapple Cream Cake (or) Fruit
	30-Apr	Wed	Veg Burger	Mixed Veg. Stew	Rice	Cucumber	Tomato	Onion rings	Russian Salad	French fries	Chef's Choice Salad	Mushroom corn Masala	Paneer fingers	Green Dal With Veg.	Sauce	Roti	Watermelon cuts
	1-May	Thu	PUBLIC HOLIDAY														
5	2-May	Fri	Chicken Florentine	Roast Potatoes	Rice/Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Cucumber Yoghurt	Chef's Choice Salad	Tawa Veg. with Sauce	Fried Veg Balls	Mixed Dal with Veg.	Sauce	Roti	Mixed Fruit Cuts
	5-May	Mon	Baked Chicken Cheese Pasta	Veg. Gravy	Rice	Chinese cabbage	Avocado Tomato	Purple Cabbage	French Beans	Chapatti	Garden Salad	Paneer Makhani	Veg Cutlet	Yellow Dal With Veg.	Sauce	Roti	Choco Pan Cakes (or) Fruit
	6-May	Tue	Beef mince balls(or) Fish balls	Creamy Sauce	Rice	Steamed Cauliflower	Basil Tomato	Carrot& Pineapple	Sukuma wiki	Fruit yoghurt	Chef's Choice Salad	Spinach with cottage cheese	Sweet Potato Tikki	Red Dal With Veg.	Sauce	Roti	Pineapple Cuts
	7-May	Wed	Veg . Lasagna	Rice	Sauce	Carrot strips	Diced tomatoes	Mixed Peppers	Mixed Lettuce	Cumin Nachos	Chef's Choice Salad	Tawa Veg & Cheese	Crispy Lady Fingers	Green Dal With Veg.	Sauce	Roti	Cake & Custard (or) Fruit
	8-May	Thu	Fried Chicken	Spaghetti Napolitano	Rice/Sauce	English Cucumber	Tomato with Herbs	Carrot Sticks	Broccoli	Raitha	Chef's Choice Salad	Veg. Kofta Curry	Cheese Balls	Coconut Dal	Sauce	Roti	Watermelon cuts
6	9-May	Fri	Fish Tikka	Paprika Chips	Rice/Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Cucumber Yoghurt	Chef's Choice Salad	Tofu Tikki Masala	Onion Pakora	Mixed Dal with Veg.	Sauce	Roti	Mixed fruit cuts
	12-May	Mon	Beef Patties(or) Fish Patties	Fussli with Arabita Sauce	Rice	Steamed Cauliflower	Basil Tomato	Carrot& Pineapple	Sukuma wiki	Yoghurt	Chef's Choice Salad	Yam with Onion Sauce	Fenugreek Croquets	Red Dal With Veg.	Sauce	Roti	Banana Cake with Icing sugar (or) Fruit
	13-May	Tue	Chicken Burger	Mixed Veg. Stew	Rice	Cucumber	Tomato	Onion rings	Russian Salad	French fries	Chef's Choice Salad	Veg Burger	Crispy Paneer fingers	Yellow Dal With Veg.	Sauce	Roti	Pineapple Cuts
	14-May	Wed	Veg Cheese Croquettes	Mashed Potato with Pepper Sauce	Rice/Sauce	Cucumber strips	Tomato Strips	Carrot Strips	Mixed Lettuce	Chapatti	Chef's Choice Salad	Tofu & Veg Korma	Sweet Potato Tikki	Green Dal With Veg.	Sauce	Roti	Marble Cake (or) Fruit
	15-May	Thu	Tandoori Chicken	Tandoori sauce	Rice	English Cucumber	Tomato with Herbs	Carrot Sticks	Broccoli	Nachos	Chef's Choice Salad	Paneer Korma	Spinach Corn Pakora	Coconut Dal	Sauce	Roti	Watermelon cuts
6	16-May	Fri	Grilled Fish	Chips	Rice/Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Cucumber Yoghurt	Chef's Choice Salad	Egg Plant & Potato with Gravy	Anaheim Pepper Fritters	Mixed Dal with Veg.	Sauce	Roti	Mixed Fruit Cuts