

KAMPALA INTERNATIONAL SCHOOL UGANDA

CANTEEN MENU : From 18.08.25 To 12.09.25

	DATE	DAY	NON-VEGETARIAN	SIDE DISH	SALAD BAR /VEGGIES/ BREAD - DRESSING						VEGETARIAN					DESSERTS	
1	18 Aug 2025	Mon	Beef Bolognaise (or)Chicken Stew	Spaghetti Napolitano	Rice /Sauce	Broccoli	Beetroot	Pumpkin	Chicory	Chef's choice salad	Mini Rolls	Chickpeas Spinach Curry	Crusted Potatoes	Yellow Dal With Veg.	Sauce	Roti	Red Velvet Muffins (or) Fruit
	19 Aug 2025	Tue	Goat Mince Kebabs (or) Chicken Stew	Creamy Mashed potatoes with Sauce	Rice	Spinach	Carrots	Sweet Corn	Cauliflower	Chef's choice salad	Yoghurt	Potato- Cauliflower with Butter Sauce	Shahi Veg Kofta	Green Dal With Veg.	Sauce	Roti	Pineapple
	20 Aug 2025	Wed	Veg. Cheese Tacos	Sauce	Steamed Basmati Rice	Lettuce	Tomato	Peppers	Cucumber	Chef's choice salad	Mint Yoghurt	Bharwa Shimla Mirchi	Chilly Paneer	Red Dal With Veg.	Sauce	Roti	Fruit Wedges
	21 Aug 2025	Thu	Tandoori Chicken	Tandoori Masala	Rice	Sukuma	Cabbage	Butter Squash	Cannellini Beans	Chef's choice salad	Crispy Nachos	Kidney Beans Korma	Veg. Samosa	Black Dal with Veg.	Sauce	Roti	Cake & Custard (or) Fruit
	22 Aug 2025	Fri	Fish Nuggets	Chips	Rice/Sauce	French Beans	Red Kale	Sweet Potato	Coleslaw	Chef's choice salad	Yoghurt	Veg with Manchurian Sauce	Chilly Potatoes	Mixed Dal with Veg.	Sauce	Roti	Mixed Fruit Cuts
2	25 Aug 2025	Mon	Beef Mince Lasagna (OR) Fish Stew	Veg with Brown Gravy	Rice	Broccoli	Tomato	Pumpkin	Cucumber	Chef's choice salad	Raisin Rolls	Tofu and Yoghurt with Curry	Zucchini Crusted Chips	Yellow Dal With Veg.	Sauce	Roti	Jam Rolls (or) Fruit
	26 Aug 2025	Tue	Goat Meat Biryani (OR) Egg with Gravy	Veg. with Onion Sauce	Rice	Spinach	Carrots	Peppers	Cauliflower	Chef's choice salad	Yoghurt	Baby corn Masala	Reshmi Veg. Kebabs	Red dal with Veg	Sauce	Roti	Watermelon
	27 Aug 2025	Wed	Margareta Pizza	Veg. Stew	Rice	Romaine Lettuce	Beetroot	Sweet Corn	Chicory	Chef's choice salad	Nachos	Mushroom com Masala	Punjabi Samosa	Green Dal With Veg.	Sauce	Roti	Cream Pineapple Cake (or) Fruit
	28 Aug 2025	Thu	Crispy Chicken	Mexican Penne Pasta	Rice /Sauce	Sukuma	Cabbage	Butter Squash	Cannellini Beans	Chef's choice salad	Raita	Cheese Kofta with coconut sauce	Cheese Balls	Coconut Dal	Sauce	Roti	Pineapple cuts
	29 Aug 2025	Fri	Fish Fingers	Chips	Rice /Sauce	French Beans	Red Kale	Sweet Potato	Coleslaw	Chef's choice salad	Cucumber Yoghurt	Tawa Veg. with Sauce	Rajma Cutlet	Mixed Dal with Veg.	Sauce	Roti	Mixed Fruit Cuts
3	1 Sep 2025	Mon	Chicken Balls	Spaghetti with Tomato Sauce	Rice	Broccoli	Tomato	Pumpkin	Cucumber	Chef's choice salad	Tasty Rolls	Mirchi ka Salan	Bang Bang Cauliflower	Yellow Dal With Veg.	Sauce	Roti	Rice Pudding (or) Fruit
	2 Sep 2025	Tue	Shepherd's Pie	Brown Pepper Sauce	Rice	Spinach	Carrots	Sweet Corn	Cauliflower	Chef's choice salad	Raita	Spinach with cottage cheese	Sweet Potato Tikki	Green Dal with Veg.	Sauce	Roti	Banana (or) Watermelon
	3 Sep 2025	Wed	Cottage Cheese Pulao	Spring Rolls	Steamed Rice/Cream Sauce	Romaine Lettuce	Beetroot	Peppers	Chicory	Chef's choice salad	Yoghurt with Tomato and onions	Malai Kofta Curry	Bread Rolls	Red Dal With Veg.	Sauce	Roti	Pineapple Cuts
	4 Sep 2025	Thu	Soya Roast Chicken	Pulao with Onion Gravy	Plain Rice	Sukuma	Cabbage	Butter Squash	Cannellini Beans	Chef's choice salad	Cumin Nachos	Tofu with Cream Sauce	Stuffed Veg. Pockets	Coconut Dal	Sauce	Roti	Swiss Rolls
	5 Sep 2025	Fri	English Fish	chips	Rice/Sauce	French Beans	Red Kale	Sweet Potato	Coleslaw	Chef's choice salad	Cucumber Yoghurt	Tofu Tikki Masala	Onion Pakora	Mixed Dal with Veg.	Sauce	Roti	Mixed fruit cuts
4	8 Sep 2025	Mon	Cheese Beef Lasagna (or) Fish Stew	Tomato Sauce	Rice	Broccoli	Beetroot	Pumpkin	Chicory	Chef's choice salad	Mini Cheese Buns	Veg. Lasagna	Stuffed Potatoes with cheese	Yellow Dal	Sauce	Roti	Choco Tarts (or) Fruit
	9 Sep 2025	Tue	Beef Biryani (or) Egg Bonda	Veg. with Brown Sauce	Rice	Spinach	Carrots	Sweet Corn	Cauliflower	Chef's choice salad	Yoghurt	Paneer Manchurian	Veg Kebabs	Red Dal With Veg.	Sauce	Roti	Pineapple Cuts
	10 Sep 2025	Wed	Veg. Cheese Burger	Sauce	Steamed Basmati Rice	Romaine Lettuce	Tomato	Peppers	Cucumber	Chef's choice salad	Spicy Nachos	Okra in Yoghurt Sauce	Corn Tikki	Green Dal With Veg.	Sauce	Roti	Donuts (or) Fruits cuts
	11 Sep 2025	Thu	Fried Chicken	Fussli with White & Red Sauce	Rice/Sauce	Sukuma	Cabbage	Butter Squash	Cannellini Beans	Chef's choice salad	Mint Yoghurt	Paneer Masala	Avocado Toast	Coconut Dal	Sauce	Roti	Watermelon cuts
	12 Sep 2025	Fri	Baked Tandoori Fish	Roast Potatoes	Rice/Sauce	French Beans	Red Kale	Sweet Potato	Coleslaw	Chef's choice salad	Cucumber Yoghurt	Mix Veg in Cream Sauce	Veg Nuggets	Mixed Dal with Veg.	Sauce	Roti	Mixed Fruit Cuts

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