

KAMPALA INTERNATIONAL SCHOOL UGANDA

CANTEEN LUNCH MENU : From 14.01.26 To 06.02.26

Week 1 14.01.26 To 16.01.26	DATE	DAY	NON-VEGETARIAN	SIDE DISH		VEGETARIAN			Salad	DESSERTS
	14 Jan 2026	Wed	Chicken Keema Kebabs	Roast Potatoes	Gravy	Tasty Bread Rolls	Veg. Kebabs	Dal Makhani	Paratha /Rice	Fruit & Honey Muffins
	15 Jan 2026		x	x	x	x	x	x	x	x
	16 Jan 2026	x	x	x	x	x	x	x	x	x
Week 2 19.01.26 To 23.01.26										
	19 Jan 2026	Mon	Beef Bolognaise (or) Fish Keema	Spaghetti	Red Sauce	Bread Rolls	Falafel	Mixed Veg. with Onion Sauce	Roti /Rice	Oats Brownie
	20 Jan 2026	Tue	Cheesy Chicken Lasagna	Brown Gravy	Steamed Rice	Chapatti	Hara Bhara Kebabs	Tofu with Gravy	Paratha /Rice	Orange Delight Cake
	21 Jan 2026	Wed	Veg. Pizza	Baked Potato		Garlic knots	Paneer Balls	Cream Sauce	Lachha Paratha/Rice	Watermelon Wedges
Week 3 26.01.26 To 30.01.26	22 Jan 2026	Thu	Chicken Shish Tawook	Penne Pasta	Red & White Sauce	Mini Bread Rolls	Chilly Paneer	Dal Fry	Nachos/Rice	Rice Pudding (or) Fruit
	23 Jan 2026	Fri	Fish Nuggets	African Style chips	Onion Tarter Sauce	Rice	Spinach Fritters	Paneer Korma	Methi Paratha/Rice	Mixed Fruit Cuts
	26 Jan 2026	Mon	x	x	x	x	x	x	x	x
Week 4 02.02.26 To 06.02.26	27 Jan 2026	Tue	Baked Beef Cheese Patties (or) Fish Patties	Mexican Spaghetti		Garlic Bread	Samosa	Paneer Butter Masala	Phulka/Rice	Bread and Butter Pudding
	28 Jan 2026	Wed	Veg. Cheese Croquettes	Tortillas	Hot & Sweet Tomato Sauce	Mint Sauce	Panner Rolls	Malai Kofta Curry	Lachha Paratha/Rice	Coconut Muffins (or) Fruit
	29 Jan 2026	Thu	Chicken Adobo	Fusilli Arabita	Red & White Sauce	Bread Rolls	Chana Coriander Wada	Green veg.cheese balls	Roti/Rice	Pineapple Cuts
	30 Jan 2026	Fri	Fish Fritters	Masala chips	Veg . Stew	Rice	Onion Pakora	Tofu with Gravy	Veg Paratha/Rice	Mixed fruit cuts
Week 4 02.02.26 To 06.02.26										
	2 Feb 2026	Mon	Beef pan fried (or) Fish Stew	Creamy Mashed Potatoes	Peppercorn Sauce	Garlic Bread	Fenugreek Fritters	Spinach Paneer	Nachos/Rice	Chocolate Brownies / Fruits
	3 Feb 2026	Tue	Beef (or) chicken Mince with Onion Gravy	Tossed Spaghetti		Mini Bread Rolls	Falafel	Mushroom with onion sauce	Paratha/Rice	Carrot Cake (or) Fruits cuts
	4 Feb 2026	Wed	Veg. Cheese Cornish	Pilao	Mushroom Gravy	Chapatti	Tofu in Yoghurt Sauce	Paratha	Plain Rice	Banana (or) Watermelon
	5 Feb 2026	Thu	Chicken Enchiladas	Penne Pasta	Red Sauce	Tasty Bread Rolls	Paneer Butter Masala	Tandoori potato Masala	Paratha/Rice	Apple Cake & Custard (or) Fruit
	6 Feb 2026	Fri	Baked Manchurian Fish	Garlic Sauté Potatoes	Rice	Veg stir with Sauce	Veg. Kadai	Chickpea Masala	Lachha Paratha/Rice	Mix Fruits