

KAMPALA INTERNATIONAL SCHOOL UGANDA

CANTEEN LUNCH MENU : From 09.02.26 To 13.03.26

	DATE	DAY	NON-VEGETARIAN	SIDE DISH			VEGETARIAN				DESSERTS	SALAD MENU		
Week 5 09.02.26 To 13.02.26	9 Feb 2026	Mon	Chicken Keema Kebabs	Roast Potatoes	Gravy	Tasty Bread Rolls	Veg. Kebabs	Dal Makhani	Paratha /Rice	Salad Bar	Fruit & Honey Muffins	Saute Cabbage	Lettuce	Saute Peppers
	10 Feb 2026	Tue	Butter Chicken	Rice	Sauce	Chapatti	Bread Pakora	Paneer Masala	Methi Paratha/Rice		Chocolate Lava Cake	Red Bean Saute	Avacoda Tomato	saute Cassava
	11 Feb 2026	Wed	Fried Cottage Cheese sticks with Pepper	Tortillas	Hot & Sweet Tomato Sauce	Mint Sauce	Veg Korma	Dal Fry	Lacha Partha/ Rice		Pineapple Slice	Julienne Carrots	Mix lettuce	Julienne Cucumber
	12 Feb 2026	Thu	Chicken Bolognese	Penne pasta	Tomato and White Sauce	Garlic Bread	Paneer Burji	Veg Stir fry	Rot/Rice		Pan Cake with Syrup	Cauliflower	Broccoli	Sukuma
	13 Feb 2026	Fri	Apollo Fish	BBQ Potatoes	Tartar Sauce	Rice	Green Leaf Rolls	Chickpeas with onion gravy	Paratha /Rice		Mixed Fruits	Basil Tomato	Chef Salad	Coleslaw
Week 6 23.01.26 To 27.01.26	23 Feb 2026	Mon	Beef Bolognese (or) Fish Keema	Spaghetti	Red Sauce	Bread Rolls	Falafel	Mixed Veg. with Onion Sauce	Roti/Rice	Salad Bar	Oats Brownie	Mince Tomato	Mince Coriander	Mince Onions
	24 Feb 2026	Tue	Cheesy Chicken Lasagna	Brown Gravy	Steamed Rice	Chapatti	Hara Bhara Kebabs	Tofu with Gravy	Paratha /Rice		Orange Delight Cake	Julienne Carrots	Julienne Peppers	Julienne Cucumber
	25 Feb 2026	Wed	Veg. Pizza	Baked Potato		Garlic knots	Paneer Balls	Cream Sauce	Lachha Paratha/Rice		Watermelon Wedges	Chop Tomato	Roasted French Beans	Chop Cucumber
	26 Feb 2026	Thu	Chicken Shish Tawook	Penne Pasta	Red & White Sauce	Mini Bread Rolls	Chilly Paneer	Dal Fry	Nachos/Rice		Rice Pudding (or) Fruit	Fattoush	Garlic Sauce	Green Salad
	27 Feb 2026	Fri	Fish Nuggets	African Style chips	Onion Tarter Sauce	Rice	Spinach Fritters	Paneer Korma	Methi Paratha/Rice		Mixed Fruit Cuts	Dice Tomato	Sukumawiki	Coleslaw
Week 7 02.03.26 To 06.03.26	2 Mar 2026	Mon	Mishkaki Beef	Rice	Onion Gravy	Chapatti	Green Tikki	Palak Paneer	Roti/Rice	Salad Bar	Coconut Muffins (or) Fruit	Julienne Cucumber	French Beans	Batonnet Cassava
	3 Mar 2026	Tue	Baked Beef Cheese Patties (or) Fish Patties	Mexican Spaghetti		Garlic Bread	Samosa	Paneer Butter Masala	Phulka/Rice		Pineapple Cuts	Julienne Tomato's	Broccoli	Cauliflower
	4 Mar 2026	Wed	Veg. Cheese Croquettes	Tortillas	Hot & Sweet Tomato Sauce	Mint Sauce	Panner Rolls	Malai Kofta Curry	Lachha Paratha/Rice		Coconut Muffins (or) Fruit	Carrot Slice	Romania Lettuce	Cucumber Slice
	5 Mar 2026	Thu	Chicken Adobo	Fusilli Arabita	Red & White Sauce	Bread Rolls	Chana coriander Vada	Green veg.cheese balls	Roti/Rice		Crepes	Mince Tomato	Mince Coriander	Mince Onions
	6 Mar 2026	Fri	Fish Fritters	Masala chips	Veg . Stew	Rice	Onion Pakora	Tofu with Gravy	Veg Paratha/Rice		Mixed fruit cuts	Dice Carrots	Garden peas	Coleslaw
Week 8 09.02.26 To 13.03.26	9 Mar 2026	Mon	Beef pan fried (or) Fish Stew	Creamy Mashed Potatoes	Peppercorn Sauce	Garlic Bread	Fenugreek Fritters		Nachos/Rice	Salad Bar	Chocolate Brownies / Fruits	Slice Tomato	Lettuce	Slice Onion
	10 Mar 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	Julienne Carrots	Julienne Peppers	Julienne Cucumber
	11 Mar 2026	Wed	Veg. Cheese Cornish	Pilao	Mushroom Gravy	Chapatti	Tofu in Yoghurt Sauce	Paratha	Plain Rice		Banana (or) Watermelon	Tomato	Bean Salad	Cucumber
	12 Mar 2026	Thu	Chicken Enchilidas	Penne Pasta	Red Sauce	Tasty Bread Rolls	Paneer Butter Masala	Tandoori potato Masala	Paratha/Rice		Apple Cake & Custard (or) Fruit	Rondelle Carrots	Broccoli	Rondelle Cassava
	13 Mar 2026	Fri	Baked Manchurian Fish	Garlic Saute Potatoes	Rice	Veg stir with Sauce	Veg. Kadai	Chickpeas Masala	Lachha Paratha/Rice		Mix Fruits	Dice Tomato	Mix Lettuce	Coleslaw