KAMPALA INTERNATIONAL SCHOOL UGANDA

CANTEEN LUNCH MENU: 12TH OCTOBER – 13TH NOVEMBER 2026

DATE	DAY	BREAD	SALADS	VEGETABLES	NON-VEGETARIAN	SIDE DISHES	VEGETARIAN		DESSERT
12-Oct-26	Mon	Garlic knots	Avocado Tomato - Cucumber cuts	French Beans -Steamed Sweet Corn	Beef Lasagne (or)	Chicken Gravy & steamed rice	Veg Lasagne - Paneer Butter Masala	Roti / Rice	Choco cup cake (or) Fruit
13-Oct-26	Tue	Chapattis	Garden salad - Three Bean salad	Honey glazed carrots -Steamed Veg.	Grilled Beef (or) Egg Fried & Mushroom Gravy	Mashed Potato (or) Steamed Rice	Mushroom Masala - Falafel	Paratha / Rice	Banana Balls with icing sugar
14-Oct-26	Wed	Nachos	Tabbouleh	Potato Salad - Sauté Kidney Beans		Macaroni Pasta - Marinara Sauce (or) Alfredo Sauce	Mozzarella Cheese Balls (or)	Veg Korma Sauce & Rice	Diplomat Pudding (or) Fruit
15-Oct-26	Thu	Chapattis	Kachumbari Salad - Mint Yoghurt Slaw	Broccoli - Cauliflower	Chicken Butter Masala	Rice & Sauce	Pan-Fried Paneer - Cumin Dal	Chapatti / Rice	Pineapple Cuts
16-Oct-26	Fri	–	coleslaw - Mediterranean Pasta Salad	Sautéed mixed vegetables	Baked Creamy Fish	French Fries (or) Vegetable stew & Rice	Paneer stew - Crispy cumin Potatoes	Paratha / Rice	Mixed Fruit Cuts
26-Oct-26	Mon		Carrot - Tomato	Sautee Sweet Corn - French beans	Beef Rolex OR Egg Rolex	Creamy Mashed Potatoes - Brown sauce	Veg Rolex - Chickpea Gravy	Chapatti / Rice	Creamy Choco Cake (or) Fruit
27-Oct-26	Tue	Garlic bread	Green salad - cucumber - tomato	Steamed broccoli - carrots	Chicken Meat Balls	Spaghetti (or) Steamed Rice - Sauce	Veg Manchurian - Paneer Tikka Masala	Paratha / Rice	Rice Pudding (or) Fruit
28-Oct-26	Wed	Tasty Bread knots	Mixed lettuce -Cucumber - tomato	Potato Salad - Sautee Cauliflower	–	Margherita Pizza (or)	Cheese Croquettes - Veg Jalfrez	Roti / Rice	Watermelon Slice
29-Oct-26	Thu	Chapattis	Kachumbari Salad - Mint Yoghurt Slaw	Broccoli -Cauliflower	Chicken with Peppers & Onions	Macaroni pasta (or) Rice Marinara sauce	Palak Paneer - Veg Nuggets	Chapatti / Rice	Cake Donuts (or) Fruit
30-Oct-26	Fri		coleslaw - Mediterranean Pasta Salad	Sautéed mixed vegetables	Crispy Fish	Crispy Potato Wedges (or) Rice with veg. stew	Tofu Tikka Masala - Spinach Fritters	Lachaa Paratha / Rice	Fruit Cuts
2-Nov-26	Mon	Chapattis	Green salad - cucumber -tomato	Carrots - Cauliflower	Grilled Beef with Peppers OR Grilled Fish	Spaghetti (or) Rice with Tomato Sauce	Chilly Paneer - Tawa Vegetables	Chapatti / Rice	Vanilla & fruit Muffin with Cream (or) Fruit
3-Nov-26	Tue		Lettuce - Tomato & Onions	Gherkins/pickle Cucumber Mixed vegetable	Tossed Chicken with Veg	Tortilla - Mint Sauce & Chef Sauce	Chickpeas Tikki - Kadai Paneer	Paratha / Rice	Pineapple & Watermelon Wedges
4-Nov-26	Wed	Chapattis	Strips - Carrot , cucumber, onion - Tomato	Grilled Broccoli - French Beans		Pulao - Cottage Cheese & Veg Manchurian Balls	Brown Sauce with Veg.	Lacha Paratha	Banana Cake (or) Fruits
5-Nov-26	Thu	Garlic Bread	Garden salad - Beetroot - cucumber	sautéed French beans - Roasted Baby Marrow	Beef chilly con cane (or) Chicken	Pasta with red or white sauce	Paneer Butter Masala - Hara bhara kebabs	Chapatti / Rice	Diplomat Pudding (or) Fruit
6-Nov-26	Fri	–	Coleslaw - Pasta Salad	Sautéed mixed vegetables	Baked Fish	Masala chips (or) Rice with vegetable Cream Sauce	Tofu & Lentils Stew -Onion Fritters	Paratha / Rice	Fruit Cuts
9-Nov-26	Mon	Chapattis	Carrots Rings cucumber rings	Grilled French Beans and Glazed Cauliflower	Pan fired Beef with Peppers (or) Fish Fried	Garlic butter potatoes - brown Sauce	Cottage Cheese & Vegetable Sauce - Cumin Dal	Rice / Paratha	Mango Muffins OR Fruit
10-Nov-26	Tue	Spicy Nachos	Iceberg lettuce Tomato/ Onion rings	Gherkins/pickle cucumber	Beef OR Fish Burger (or)	Rice & Sauce	Veg Burger - Kadai Paneer	Roti / Rice	Pineapple Slices
11-Nov-26	Wed		Mixed lettuce - cucumber - tomato - Onion	Creamy Potato -Sauté French Beans	–	Margherita Pizza (or)	Mozzarella Cheese Balls -Red Beans stew & Rice	Lacha Paratha	Choco Fudge Cake (or) Fruit
12-Nov-26	Thu	Chapattis	Cucumber - Avocado Tomato	Steamed Broccoli - Sautee Spinach	Chicken Muchumo	Fusilli pasta - Napolitano or Alfredo sauce	Achari Paneer - Spinach Potato	Roti / Rice	Banana OR Watermelon
13-Nov-26	Fri	–	Coleslaw - Pasta Salad	Sautéed mixed vegetables	Crispy Fried Fish	Chips	Dal Makhani -Falafel	Paratha / Rice	Fruit Cuts

GREEN = VEGETARIAN OPTION | ORANGE = NON-VEGETARIAN OPTION | YELLOW = WEDNESDAY VEGETARIAN DAY

MENU : Bread • Salads • Vegetables • Main Choice • Side Dishes • Vegetarian Choice • Roti/Chapatti/Rice • Dessert