



Kampala International School Uganda - Canteen

Menu - Third Term
From 16th April 2017 to 11th May 2016

Week 1

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
16.04.17	Mon	Beef Lasange (OR) Fish & Rice	Cabbage Kofta	Chana Masala & Rice	Hummus		Chapati	Pita Bread	French Beans	Kidney Bean Salad	Chocolate Fudge Cake
17.04.17	Tue	Roast Steak Slices (OR) Roast Fish with BBQ Sauce	Palak Corn	Dal Makhani & Rice		Boiled Potatoes with herbs	Chapati		2 Beans	Broccoli Salad	Pineapple Cuts
18.04.17	Wed	Veg. Pulao Rice	Shahi Bhindi	Dal Tadka & Rice	Hummus	Gravy & Raitha			Boiled Potatoes	Spring Salad	Banana Fritters
19.04.17	Thu	Chicken - Shawarma	Punjabi Kadi	Green Dal & Rice			Chapati	Pita Bread	Onion/Tomato/Lettuce	Tossed Salad	Cup Cakes
20.04.17	Fri	Baked Fish - Pepper Mayonnaise	Mix. Veg. Bites	Mixed Dal & Rice	Hummus	French Fries	Chapati	Pita Bread	Saute Cabbage	Mixed Veg. Salad	Watermelon Cuts

Week 2

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
23.04.17	Mon	Mince Meat Patties (OR) Fish Balls with Pepper Sauce	Cheakpeas Masala	Chana Masala & Rice	Hummus	Mexican Style Spaghetti	Chapati	Pita Bread	broccoli Florets with lemo	Assorted veg Salad	Banana Custard
24.04.17	Tue	Mutton Rogan Josh (OR) Fish Fried Rice	Kadai Mushroom	Dal Makhani & Rice		Rice	Chapati		Toasted Green peas	Tabbouleh	Pineapple cuts
25.04.17	Wed	Pizza	Aloo Kofta Curry	Dal Tadka & Rice	Hummus	Lacha Paratha	Chapati	Pita Bread	Grilled French beans	Coleslaw	Banana Cake
26.04.17	Thu	Shawarma - Chicken	Dahi Bhindi	Green Dal & Rice		Penne Pasta with Tomato Sauc	Chapati	Pita Bread	Saute Cabbage	Onion/Lettuce/Tomato	Tropical fruit Cuts
27.04.17	Fri	Fish Fingers	Veg.Korma	Mixed Dal & Rice	Hummus	Chips	Chapati	Pita Bread	Sauteed Vegetables	KISU Salad	Watermelon wedges

Week 3

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
30.04.17	Mon	Shepards Pie (OR) Grilled Tilapia with Tomato Sauce	Aloo Palak	Chana Masala & Rice	Hummus		Chapati	Pita Bread	Grilled Veg.	Kidney Bean Salad	Carrot Cake
01.05.17	Tue	Grilled Beef (OR) Fish Chinese style	Capsicum Masala	Dal Makhani & Rice		Saute Potatoes	Chapati		Spinach	Broccoli Salad	Watermelon Wedges
02.05.17	Wed	Veg. Pulao Rice	Kashmiri Dum Aloo	Dal Tadka & Rice	Hummus	Gravy & Raitha	Chapati	Pita Bread	French Beans	Spring Salad	Crepe's
03.05.17	Thu	Shawarma - Chicken	Methi Matar Malai	Green Dal & Rice		Rice with Gravy	Chapati	Pita Bread	emon Glazed Carrot Stic	Tossed Salad	Pineapple cuts
04.05.17	Fri	KISU Style Fish fingers	Onion Pakora	Mixed Dal & Rice	Hummus	Chips	Chapati	Pita Bread	Mixed Veggies	Mixed Veg. Salad	Tropical Fruit Cuts

Week 4

DATE	DAY	NON - VEGETARIAN	VEGETARIAN	SIDE DISH	ACCOMPANIMENTS	VEGGIES	SALAD	DESSERTS			
07.05.17	Mon	KISU Beef with Gravy (OR) Fish curry	Aloo Matar Curry	Chana Masala & Rice	Hummus	Rice	Chapati	Pita Bread	Saute French Beans	Cucumber & lettuce Salac	Orange Cake
08.05.17	Tue	Mutton Keema Kebabas (OR) Fish Stew	Gobi Masala	Dal Makhani & Rice		Mashed Potatoes	Chapati		Baked Tomatoes	Tabbouleh	Watermelon Wedges
09.05.17	Wed	Creamy, light Macaroni and Cheese	Malai Kofta Curry	Dal Tadka & Rice	Hummus		Chapati	Pita Bread	Beans Chat	Coleslaw	Chocolate cake
10.05.17	Thu	Shawarma - Chicken	Palak Mushroom	Green Dal & Rice		Spagathetti with Tomato Sauc	Chapati	Pita Bread	Steamed Mix.Veg.	Onion/Lettuce/Tomato	Pineapple cuts
11.05.17	Fri	English Fish	Rajma	Mixed Dal & Rice	Hummus	Chips	Chapati	Pita Bread	Mix. Veggies	KISU Salad	Fruit cuts



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