

**KAMPALA INTERNATIONAL SCHOOL UGANDA**  
**Cafeteria Menu: 21st October - 15th November 2024**

	DATE	DAY	NON-VEGETARIAN	SIDE DISH		SALAD BAR /VEGGIES/ BREAD - DRESSING					VEGETARIAN				DESSERTS		
	W E E K  9	21st Oct	Mon	Beef Rogan Josh (or) Fish Stew	Rice		Mixed Peppers	Mix Lettuce	Tabbouleh	Broccoli	Nachos	Chef's Choice Salad	Methi Malai Paneer	Bread Rolls	Tomato Dal	Sauce	Roti
22nd Oct		Tue	Beef mince Lasagne (or) Egg Bhurji	Mashed Potato with Pepper Sauce	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips with Mint leaves	Steamed French Beans	Mint Yoghurt	Chef's Choice Salad	Veg. Lasagna	Corn Tikki	Coconut Dal	Sauce	Roti	Pineapple cuts
23rd Oct		Wed	Margarita Pizza	Veg. Sauce	Rice	Beetroot	Garden Peas	Basil Tomato	Yellow Pumpkin	Potato Yoghurt	Chef's Choice Salad	Ridge Gourd with gravy	Cheese Balls	Veg Dal	Sauce	Roti	Watermelon slices
24th Oct		Thu	Chicken Ala Provencal & Spaghetti	Arrabbiata Sauce	Rice	Carrot Cubes	Sukuma	Avocado & Tomato	Cassava	Chapati	Chef's Choice Salad	Pumpkin with sauce	Hara Bhara Kebabs	Makhani Dal	Sauce	Roti	Pan cake with syrup (or) Passion Fruit
25th Oct		Fri	Pan fried fish - Lemon and butter sauce	Paprika Fries	Rice	Coleslaw	Green Veg	Coriander Tomato	Steamed White Beans	Cucumber Yoghurt	Chef's Choice Salad	Taro Masala	Aloo Bhagiya	Mixed Dal	Sauce	Roti	Mixed fruit cuts
W E E K  10	28th Oct	Mon	Stir - fried beef with oyster sauce (or) Stir - fried fish	Rice		Carrot Sticks	Cucumber Sticks	Tomato Strips	Grilled French beans	Mint Yoghurt	Chef's Choice Salad	Palak Kadhi	Sweet Potato Tikki	Green Dal	Sauce	Roti	Chocolate Fudge Cake (or) Banana
	29th Oct	Tue	Beef mince Croquettes (or) Chicken Croquettes	Mashed Potatoes with Creamy Sauce	Rice	Mixed Peppers	Mix Lettuce	Tabbouleh	Broccoli	Nachos	Chef's Choice Salad	Tofu with Sauce	Falafel	Carrot Dal	Sauce	Roti	Watermelon cuts
	30th Oct	Wed	Baked Penne Cheese Pasta & Veg.Samosa	White sauce /Tomato Sauce	Rice	Beetroot	Sauté Spinach	Basil Tomato	Cassava	Ginger & Pepper Yoghurt	Chef's Choice Salad	Kadai Paneer	Bread Fritters	Calabash Dal	Sauce	Roti	Banana Fritters with icing sugar (or) Fruit
	31st Oct	Thu	Chicken Shaslik	Spaghetti	Rice	Carrot Cubes	Lettuce	Tomato Cubes	Steamed Kidney Beans	Chapati	Chef's Choice Salad	Egg Plant with Gravy sauce	Yoghurt Vada	Radish Dal	Sauce	Roti	Pineapple Slice
	1st Nov	Fri	Fish Tikka	Parsley Potato	Rice	Coleslaw	Green Veg.	Coriander Tomato	Steamed French Beans	Cucumber Yoghurt	Chef's Choice Salad	Kadhi Pakora	Cabbage Methi croquettes	Mixed Dal	Sauce	Roti	Mixed fruit cuts
W E E K  11	4th Nov	Mon	Shami (Beef Mince) Kebabs (or) Fish Kebabs	Brown Sauce	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips	Steamed French Beans	Mint Yoghurt	Chef's Choice Salad	Malai Kofta Curry	Cheese Balls	Potato and Brinjal Dal	Sauce	Roti	Strawberry Jam Danish Pastry (or) Fruit
	5th Nov	Tue	Roast Beef with Peppers (or) Roast Eggs with Peppers	BBQ Potatoes & Gravy	Rice	Mixed Peppers	Mix Lettuce	Tabbouleh	Broccoli	Nachos	Chef's Choice Salad	Calabash stew	Veg Manchurian	Chana Dal fry	Sauce	Roti	Pineapple sticks
	6th Nov	Wed	Spaghetti with Veg. Creamy Sauce & Veg. Samosa	Veg. Gravy	Rice	Beetroot	Garden Peas	Basil Tomato	Steamed Carrots	Potato Yoghurt	Chef's Choice Salad	Mushroom Pepper fry	Crispy Lady Fingers	Dal Makhani	Sauce	Roti	Watermelon slices & Passion Fruit
	7th Nov	Thu	Pepper Fried Chicken & Parsley Fusilli	Stir Veg Sauce	Rice	Carrot Cubes	Sukuma	Tomato Cubes	Sweet Potato	Chapati	Chef's Choice Salad	Stuffed Egg plant with sauce	Spicy Gobi fritters	Green Veg Dal	Sauce	Roti	Crepes with Coco Spread (or) Fruit
	8th Nov	Fri	Fish Tandoori	Masala Chips	Rice	Coleslaw	Green Veg.	Coriander Tomato	Steamed White Beans	Boondi Yoghurt	Chef's Choice Salad	Corn Spinach	Cabbage kofta	Mixed Dal Fry	Sauce	Roti	Mixed fruit cuts
W E E K  12	11th Nov	Mon	Baked Beef Croquettes (or) Fish croquettes	Hungarian Potatoes	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips	Steamed French Beans	Mint Yoghurt	Chef's Choice Salad	Chickpeas Masala Gravy	Spaghetti Vada	Coconut Dal	Sauce	Roti	Orange Cup cake (or) Fruit
	12th Nov	Tue	Chicken Wraps (or) Egg Bonda	Mexican Spaghetti	Rice	Mixed Peppers	Mix Lettuce	Tabbouleh	Broccoli	Nachos	Chef's Choice Salad	Gobi Manchurian with Sauce	Fenugreek Croquets	Tomato Dal	Sauce	Roti	Banana
	13th Nov	Wed	Baked Penne	Tomato or White Sauce	Rice	Steamed Beans	Garden Peas	Celery & Tomato	Sweet Potato	Potato Yoghurt	Chef's Choice Salad	Yam Masala	Palak Pakora	Veg Dal	Sauce	Roti	Carrot Cake (or) Fruit
	14th Nov	Thu	Chicken Tandoori	Tandoori sauce	Rice	Carrot Cubes	Sukuma	Tomato Cubes	Pumpkin	Chapati	Chef's Choice Salad	Paneer Korma	Bread Vada	Makhani Dal	Sauce	Roti	Watermelon Sticks
	15th Nov	Fri	Grilled Paprika Fish	Lyonnaise Potatoes,	Rice	Coleslaw	Green Veg.	Coriander Tomato	Steamed White Beans	Boondi Yoghurt	Chef's Choice Salad	Kadhi Pakora	Aloo Tikki	Mixed Dal	Sauce	Roti	Mixed fruit cuts

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