

**KAMPALA INTERNATIONAL SCHOOL UGANDA**  
**CANTEEN MENU : From 06-01-25 To 31.01.25**

	DATE	DAY	NON-VEGETARIAN	SIDE DISH	SALAD BAR /VEGGIES/ BREAD - DRESSING						VEGETARIAN					DESSERTS	
1	6 Jan 2025	Mon	Roasted beef cubes (or) Roasted fish	Margarita potatoes & Sauce	Rice	French Beans	Greens	Tabbouleh	Broccoli	Chapati	Chef's choice salad	Veg and Paneer with pepper sauce	Veg. Tikki	Toor Lentils with Cumin	Sauce	Roti	Choco Muffins (or) Fruit
	7 Jan 2025	Tue	Baked beef mince with cheese and pasta (or) Chicken curry	Tomato Sauce	Rice	Sukuma wiki	Steamed Carrots	Basil Tomato	Cauliflower	Mint yoghurt	Chef's choice salad	Spinach Paneer	Dahi Vada	Palak dal	Sauce	Roti	Pineapple Cuts
	8 Jan 2025	Wed	Veg. Biryani	Veg. Sauce	Rice	Lettuce	Grilled Carrots	Tomato cuts with herbs	Onion with Herbs	cucumber Yoghurt	Chef's choice salad	Mirchi ka salan	Gobi Manchurian	Veg Dal	Sauce	Roti	Donuts (or) Fruit
	9 Jan 2025	Thu	Chicken chow mein	Veg. brown gravy	Rice	Steamed Broccoli	Sautee Carrots	Grilled Tomatoes	Cucumber Strips	Steamed Cauliflower	Chef's choice salad	Chilly Tofu with Sauce	Tindora Fry	Makhani Dal	Sauce	Roti	Watermelon Slice
	10 Jan 2025	Fri	Fish nuggets	French fries	Rice	Steamed French beans	Honey Carrots	Coleslaw	Sauté Mix Veg.	Cucumber Yoghurt	Chef's choice salad	Egg plant curry	Aloo Bhagiya	Mixed Dal	Sauce	Roti	Mixed fruit cuts
2	13 Jan 2025	Mon	Beef mince Lasagna (or) Egg with red sauce	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips	Grilled French beans	Mint Yoghurt	Chef's choice salad	Green banana with Sauce	Veg. Samosa	Green Dal	Sauce	Roti	Chocolate Fudge Cake (or) Banana	
	14 Jan 2025	Tue	Lamb Kebabs (or) Fish Kebabs	Penne Pasta with Napolitana	Rice	Mixed Peppers	Potato salad	Tabbouleh	Broccoli	Chapati	Chef's choice salad	Tofu with Sauce	Batata Vada	Carrot Dal	Sauce	Roti	Watermelon cuts
	15 Jan 2025	Wed	Margaretta Pizza	Veg gravy	Rice	Beetroot	Sauté Spinach	Basil Tomato	Cassava	Ginger & Pepper Yoghurt	Chef's choice salad	Kadai Paneer	Sweet Potato Tikki	Calabash Dal	Sauce	Roti	Pineapple Slice
	16 Jan 2025	Thu	Kadai Chicken	Spaghetti (or) Red Sauce	Rice	Carrot Cubes	Lettuce	Tomato Cubes	Steamed Kidney Beans	Potato Yoghurt	Chef's choice salad	Gobi Matar	Crispy Lady Fingers	Radish Dal	Sauce	Roti	Banana Cake (or) Fruit
	17 Jan 2025	Fri	English fish	Parsley Potato	Rice	Coleslaw	Green Veg.	Coriander Tomato	Steamed French Beans	Cucumber Yoghurt	Chef's choice salad	Aloo korma	Spinach Fritters	Mixed Dal	Sauce	Roti	Mixed fruit cuts
3	20 Jan 2025	Mon	Baked Chicken Mince Meat with Pasta	Brown Sauce	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips	Steamed French Beans	Mint Yoghurt	Chef's choice salad	Paneer Makhani	Veg Cutlet	Potato and Brinjal Dal	Sauce	Roti	Strawberry Cake (or) Fruit
	21 Jan 2025	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	Palak Pakora	Chana Dal fry	Sauce	Roti	Pineapple sticks
	22 Jan 2025	Wed	Veg. Wraps with Cheese Croquets	Veg. Gravy	Rice	Tomato Strips	Cucumber Sticks	Pepper	Carrots cuts	Min Yoghurt	Garden Salad	Veg. Jalfrezi	Crispy Lady Fingers	Dal Makhani	Sauce	Roti	Watermelon slices & Passion Fruit
	23 Jan 2025	Thu	Pepper Fried Chicken & Parsley fusilli	Stir Veg Sauce	Rice	Carrot Cubes	Sukuma	Tomato Cubes	Sweet Potato	Chapati	Chef's choice salad	Methi malai matar	Spicy Gobi fritters	Green Veg Dal	Sauce	Roti	Choco donuts (or) Fruit
	24 Jan 2025	Fri	Fish Tandoori	Masala Chips	Rice	Coleslaw	Green Veg.	Coriander Tomato	Steamed White Beans	Boondi Yoghurt	Chef's choice salad	Tofu Tikki Masala	Cabbage kofta	Mixed Dal Fry	Sauce	Roti	Mixed fruit cuts
4	27 Jan 2025	Mon	Beef empanadas (or) Fish empanadas	Hungarian Potatoes with pepper Sauce	Rice	Carrot Sticks	Cucumber Sticks	Tomato Strips	Steamed French Beans	Mint Yoghurt	Chef's choice salad	Chickpeas Masala Gravy	Crispy Panner fingers	Coconut Dal	Sauce	Roti	Fruit cup cake (or) Fruit
	28 Jan 2025	Tue	Chicken Wraps (or) Egg Bonda	Mexican fussli	Rice	Mixed Peppers	Mix Lettuce	Tabbouleh	Broccoli	Yoghurt	Chef's choice salad	Gobi Manchurian with Sauce	Fenugreek Croquets	Tomato Dal	Sauce	Roti	Banana
	29 Jan 2025	Wed	Veg. chow mein	Veg. Cream Sauce	Rice	Steamed Beans	Garden peas	Celery & Tomato	Sweet Potato	Potato Yoghurt	Chef's choice salad	Tofu Tikki Masala	Broccoli 65	Veg Dal	Sauce	Roti	Choco Pan Cakes (or) Fruit
	30 Jan 2025	Thu	Chicken Tandoori	Tandoori sauce	Rice	Carrot Cubes	Sukuma	Tomato Cubes	Pumpkin	Chapati	Chef's choice salad	Paneer Korma	Spinach corn pakora	Makhani Dal	Sauce	Roti	Watermelon Sticks
	31 Jan 2025	Fri	Fish Fingers	Lyonnais 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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