

KAMPALA INTERNATIONAL SCHOOL UGANDA

CANTEEN MENU : From 10.03.25 To 17.04.25

	DATE	DAY	NON-VEGETARIAN	SIDE DISH		SALAD BAR /VEGGIES/ BREAD - DRESSING						VEGETARIAN					DESSERTS	
w c k 9	10 Mar 2025	Mon	Beef Wraps (or) Fish Wraps	Mashed Potatoes with Pepper Sauce	Rice /Sauce	Cucumber	Basil Tomato	Carrot	Green pepper	Nachos with herbs	Chef's choice salad	Mix Veg Stew	Paneer Wraps	Toor Lentils with Cumin	Sauce	Roti	Pineapple sticks	
	11 Mar 2025	Tue	Chicken Mince Lasagna	Veg Stew	Rice	Steamed Cauliflower	Tomato	Mix Lettuce	Sukuma wiki	Fruit yoghurt	Chef's choice salad	Spinach Paneer	Spring Rolls	Veg Dal	Sauce	Roti	Cake & Custard (or) Fruit	
	12 Mar 2025	Wed	Marconi Cheese Pasta	Croquettes	Rice & Sauce	Chinese cabbage	Avocado Tomato	Purple Cabbage	French Beans	Chapatti	Chef's choice salad	Tawa Tofu	Veg Manchurian	Green Dal	Sauce	Roti	Fruit Cuts	
	13 Mar 2025	Thu	Grilled Chicken	Creamy Veg. Sauce	Rice	Cassava Sticks	Tomato with Herbs	Carrot Sticks	Broccoli	Yoghurt	Chef's choice salad	Veg. Korma	Veg Samosa	Makhani Dal	Sauce	Roti	Banana Fritters	
	14 Mar 2025	Fri	English Fish	Hash Brown Potato	Rice/Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Cucumber Yoghurt	Chef's choice salad	Veg. with Onion sauce	Spinach Bhagiya	Mixed Dal	Sauce	Roti	Mixed fruit cuts	
w c k 10																		
	17 Mar 2025	Mon	Beef Rogan Josh (or) Chicken Stew	Rice		Chinese cabbage	Avocado Tomato	Purple Cabbage	French Beans	Chapatti	Garden Salad	Fried Matooke	Veg. Spring Roll	Green Dal	Sauce	Roti	Pineapple Cake (or) Fruits	
	18 Mar 2025	Tue	Beef Bolanaise (or) Fish with Brown Sauce	Spaghetti	Rice/Sauce	Steamed Cauliflower	Basil Tomato	French Beans	Sukuma wiki	Fruit yoghurt	Chef's choice salad	Tofu with Sauce	Harabhara Kebab	Carrot Dal	Sauce	Roti	Watermelon cuts	
	19 Mar 2025	Wed	Margareta Pizza	Veg gravy	Rice	Carrot strips	Diced tomatoes	Mixed Peppers	Mixed Lettuce	Mint yoghurt	Chef's choice salad	Kadia Paneer	Sweet Potato Tikki	Tomato Dal	Sauce	Roti	Crepe's (or) Fruit	
	20 Mar 2025	Thu	Tandoori Chicken	White and Red Pasta	Rice	Cassava Sticks	Tomato with Herbs	Carrot Sticks	Broccoli	Nachos	Chef's choice salad	Spinach with Veg	Vegetable Tempura	Cumin Dal	Sauce	Roti	Pineapple wedges	
T 3 w c k 11																		
	7 Apr 2025	Mon	Baked Chicken Cheese Pasta	Veg. Gravy	Rice	Chinese cabbage	Avocado Tomato	Purple Cabbage	French Beans	Chapatti	Garden Salad	Paneer Makhani	Veg Cutlet	Tomato Dal	Sauce	Roti	Chocolate Cake (or) Fruit	
	8 Apr 2025	Tue	Shepard's Pie - Goat mince meat (or) Fish Goan Curry	Brown Sauce	Rice	Steamed Cauliflower	Basil Tomato	Carrot& Pineapple	Sukuma wiki	Fruit yoghurt	Chef's choice salad	Spinach with cottage cheese	Sweet Potato Tikki	Dal fry	Sauce	Roti	Pineapple sticks	
	9 Apr 2025	Wed	Vegetable and Cheese Biryani	Veg Croquettes	Rice/Sauce	Carrot strips	Diced tomatoes	Mixed Peppers	Mixed Lettuce	Raitha	Chef's choice salad	Tawa Veg & Cheese	Crispy Lady Fingers	Dal Makhani	Sauce	Roti	Rice Pudding (or) Fruit	
	10 Apr 2025	Thu	BBQ Chicken	Spaghetti with Stir veg. Sauce	Rice	English Cucumber	Tomato with Herbs	Carrot Sticks	Broccoli	Nachos	Chef's choice salad	Veg. Kofta Curry	Cheese Balls	Green Veg Dal	Sauce	Roti	Watermelon cuts	
T 3 w c k 12	11 Apr 2025	Fri	Glazed Fish with Herbs and Spices	Paprika Chips	Rice/Sauce	Coleslaw	Tomato with herbs	Carrot cubes	Steamed Garden Peas	Cucumber Yoghurt	Chef's choice salad	Tofu Tikki Masala	Onion Pakora	Mixed Dal Fry	Sauce	Roti	Mixed fruit cuts	
	14 Apr 2025	Mon	Beef Lasagna	Mixed Veg. Stew	Rice	Cucumber	Tomato	Carrot	Green pepper	Nachos	Chef's choice salad	Chickpeas Masala Gravy	Crispy Panner fingers	Coconut Dal	Sauce	Roti	Pineapple Cuts	
	15 Apr 2025	Tue	Chicken Patties	Spaghetti with Arabita Sauce	Rice	Steamed Cauliflower	Basil Tomato	Carrot& Pineapple	Sukuma wiki	Fruit yoghurt	Chef's choice salad	Veg. Lasagna	Fenugreek Croquets	Tomato Dal	Sauce	Roti	Banana Custard (or) Fruit	
	16 Apr 2025	Wed	Veg . Wraps	Cheese croquettes	Rice/Sauce	Cucumber strips	Tomato Strips	Carrot Strips	Mixed Lettuce	Mint yoghurt	Chef's choice salad	Tofu & Veg Korma	Sweet Potato Tikki	Veg Dal	Sauce	Roti	Strawberry Cake (or) Fruit	
2	17 Apr 2025	Thu	Fish Tandoori	Tandoori sauce	Rice	English Cucumber	Tomato with Herbs	Carrot Sticks	Broccoli	Boondi Yoghurt	Chef's choice salad	Paneer Korma	Spinach corn pakora	Makhani Dal	Sauce	Roti	Mixed fruit cuts	

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