



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

17<sup>th</sup> February to 11<sup>th</sup> April 2025

17 <sup>th</sup> – 21 <sup>st</sup> February 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Garden Salad	Coleslaw
<b>MAIN</b>	Chicken Quesedillia	Chili Con Carne	Chick Pea Curry	Beef Lasagne	Chicken Burger
<b>VEGETARIAN</b>	Vegetable Cheesy Quesadilla	Beans Con Carne	Chick Pea Curry	Vegetable Lasagne	Vegetable Burger
<b>SIDE</b>	Cassava Sticks	Rice	Nan	Baked Zucchini	Baked Potato Wedges
<b>DESSERT</b>	Fruit	Chocolate Cake	Fruit Chat	Watermelon Slices	Pineapple Slices

24 <sup>th</sup> – 28 <sup>th</sup> February 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Sliced Cucumber	Tomato Salad	Magheritta Pizza	Oriental Salad	Tomato & Avocado Salad
<b>MAIN</b>	Chicken Tikka Masala	Beef And Lentile Stew	Cold Roasted Vegetable Pasta With Greek Dressing	Beef Teriyaki	Caribbean Chicken
<b>VEGETARIAN</b>	Palak Stew	Sauteed Green Beans	Cold Roasted Vegetable Pasta With Greek Dressing	Tofu Teriyaki	Zucchini Bake
<b>SIDE</b>	Sunshine Rice	Mashed Potatoes	Margherita Pizza	Rice	Baked Potatoes
<b>DESSERT</b>	Watermelon Slices	Pow Pow Slices	Cookies	Pineapple Slices	Mango Slices



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17<sup>th</sup> February to 11<sup>th</sup> April 2025

3 <sup>rd</sup> – 5 <sup>th</sup> March 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Carrot Sticks	Avocado & Tomato Salad	Cucumber Slices	<b>ISU Holiday</b>	<b>ISU Holiday</b>
<b>MAIN</b>	Chicken And Mayo Sandwich	Bolognese	Lentil & Vegetable Tagine		
<b>VEGETARIAN</b>	Cheesy Veg. Sandwich	Tomato Concasse	Lentil & Vegetable Tagine		
<b>SIDE</b>	Gonja	Spaghetti /Garlic Bread	Rice		
<b>DESSERT</b>	Sweet Banana	Watermelon Slices	Strawberry Crepe		

10 <sup>th</sup> – 14 <sup>th</sup> March 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Mango Salsa	Tzatziki & Pita	Garden Salad	Italian Salad	Springrolls
<b>MAIN</b>	Beef Tacco	Chicken Curry	Veggie Frittata	Pesto Chicken Skewers	Beef Pregos Roll
<b>VEGETARIAN</b>	Black Beans Tacos	Steamed Cauliflower & Carrot	Green Bean	Roasted Vegetables	Vegetable Roll
<b>SIDE</b>	Cassava Fries	Rice/Chapati	Roasted Potatoes	Pasta	Potato Fries
<b>DESSERT</b>	Fruit	Ice Cream	Fruit	Fruit	Fruit



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17 <sup>th</sup> – 21 <sup>st</sup> March 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Garden Salad	Coleslaw	Avocado Slices	Roasted Beetroot & Cucumber Salad	Tomato & Cucumber Slices
<b>MAIN</b>	Bolognese	Chicken Wrap	Bean Stew	Egg Sandwich	Baked Fish in Lemon Butter Sauce
<b>VEGETARIAN</b>	Zucchini & Tomato Sauce	Vegetable Wraps	Steamed Pumpkin	Egg Sandwich	Steamed Carrot & Zucchini
<b>SIDE</b>	Penne Pasta	Potato Wedges	Chapati/Posho	Sweet Potato Fries	Parsely Potatoes
<b>DESSERT</b>	Watermelon Slices	Pineapple Pie	Sweet Banana	Mango Slices	Pow Pow Slices

24 <sup>th</sup> – 28 <sup>th</sup> March 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Veg. Spring roll	Garden Salad	Corn On The Cob	Garden Salad	Coleslaw
<b>MAIN</b>	Chicken Fry Rice	Beef Stew	Vegetable Burger	Shepard Pie	Chicken Hot Dog
<b>VEGETARIAN</b>	Veg Fried Rice	Sautéed Green Beans	Vegetable Burger	Veg. Pie	Veg Kebab Rolls
<b>SIDE</b>	Sweet & Saur Sauce	Mashed Potatoes	Chips	Mash	Home Fries
<b>DESSERT</b>	Watermelon Slices	Apple Crumble	Sweet Banana	Pineapple Slices	Ice Cream



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

17<sup>th</sup> February to 11<sup>th</sup> April 2025

31 <sup>st</sup> March – 4 <sup>th</sup> April 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Garden Salad	Coleslaw	Avocado Slices	Oriental Salad	Cucumber Salad
<b>MAIN</b>	Vegetable Lasagna	Fish Cakes	Beef Sausages with Onion & Gravy	Chicken Oriental Noodles	Mongolian Beef Stir-fry
<b>VEGETARIAN</b>	Steamed Broccoli	Corn On the Cob	Dumplings	Veg. Oriental Noodles	Stir Fry Veg.
<b>SIDE</b>	Garlic Bread	Potato Wedges	Mash	Bell Peppers	Rice
<b>DESSERT</b>	Mango Slices	Chocolate Cake	Sweet Banana	Fruit Tart	Pineapple Pie

7 <sup>th</sup> April – 11 <sup>th</sup> April 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Garden Salad	Coleslaw	Spring Rolls	Avocado & Tomato Salad	Tomato & Cucumber Slices
<b>MAIN</b>	Bolognese	Chicken Schnitzle Burger	Fried Vegetable Noodles	Beef Broschetts	Chicken Lolly Pop
<b>VEGETARIAN</b>	Marinara	Chickpea Pattie Burger	Sweet & Sour Sauce	Veg. Rice	Falafels
<b>SIDE</b>	Spaghetti	Home Fries	Mixed Vegetable	Mushroom Sauce	Baked Potato Wedges
<b>DESSERT</b>	Pow Pow Slices	Pineapple Slices	Watermelon Slices	Mango Slices	Chocolate Cake Slices