



# INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

## JANUARY 2025

7 <sup>th</sup> – 10 <sup>th</sup> January 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>		Beef Lasagne	Chicken Curry with Nan Bread	Spaghetti with Meatballs in Tomato Sauce	Baked Tilapia Fillet in Lemon Butter Sauce & Parsley Potatoes
<b>VEGETARIAN</b>		Vegetable Lasagne	Lentil Curry with Nan Bread	Spaghetti with Vegetable Marinara Sauce	Sautéed Beans with Parsley Potatoes
<b>SIDES</b>		Garden Salad with Vinaigrette	Roasted Potatoes	Cucumber and Tomato Salad	Steamed Carrots and Green Beans
<b>DESSERT</b>		Fruits	Fruits	Fruits	Fruits

13 <sup>th</sup> – 17 <sup>th</sup> January 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Grilled Beef Skewers, mushroom sauce with Vegetable Rice	Chicken and Vegetable Stew with Posho	Shepherd's Pie (Beef and Potato Casserole)	Chicken Fried Rice	Cheese Quesadilla with Salsa & Guacamole
<b>VEGETARIAN</b>	Grilled Vegetable Skewers, mushroom sauce with Vegetable Rice	Vegetable Stew with Chapati	Lentil Casserole & Mash	Stir Fried Rice	Cheese Quesadilla with Salsa & Guacamole
<b>SIDES</b>	Steamed Cabbage	Sautéed Kale, Boiled Pumpkins	Oven Baked Zucchini	Oriental Salad	Corn Salad
<b>DESSERT</b>	Fruits	Fruits	Fruits	Fruits	Fruits



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

JANUARY 2025

20 <sup>th</sup> – 24 <sup>th</sup> January 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Chicken Stir-Fry with Noodles	Beef Patties in Gravy with Dauphinoise Potatoes	Creamy Pesto Chicken with Penne	Fish Cakes with Vegetable Fried Rice & sweet and Sour sauce	Festival of World Cultures Community Lunch
<b>VEGETARIAN</b>	Vegetable Stir-Fry with Noodles	Creamed Spinach & Dauphinoise Potatoes	Creamy Pesto with Penne	Chickpea Patties with Vegetable Fried Rice & Sweet and Sour sauce	
<b>SIDES</b>	Green Beans	Steamed Baby Carrots	Garlic Bread, Carrots and Apple Salad		
<b>DESSERT</b>	Fruits	Fruits	Fruits	Fruits	

27 <sup>th</sup> – 31 <sup>st</sup> January 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	One pot Chicken Stew with Rice	Grilled Beef Burger with Lettuce and Tomato	Pasta Primavera with Chicken	Chicken Hotdogs with Oven Baked Sweet Potatoes	Cheese and Vegetable Stromboli
<b>VEGETARIAN</b>	Vegetable stew with Rice	Veggie Burger with Lettuce and Tomato	Pasta Primavera with Vegetables	Veg. Kebab Hotdogs with Oven Baked Sweet Potatoes	Cheese and Vegetable Stromboli
<b>SIDES</b>	Steamed Broccoli	Oven-Baked Fries	Sautéed Green Beans	Crispy Cauliflower	Mixed Salad with Vinaigrette
<b>DESSERT</b>	Fruits	Chocolate Cake slices	Fruits	Fruits	Fruits