



INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

OCTOBER - DECEMBER 2024

14 TH – 18 TH OCTOBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Oriental Salad	Garden Green Salad	Nachos with Guacamole	Kachumbari	Italian Salad
MAIN	Beef, Carrots zucchini and green beans	Chicken Fried Noodles		Chicken Pilau	Mini Beef Steak
VEGETARIAN	Tofu & Veg Stir Fry	Vegetable Fried Noodles	Mexican vegetables and Cheese Wraps	Vegetables Pilau	Veg & Cheese Patties
EXTRAS	Vegetable Rice /Parsley Potatoes		Home Fries	Gravy	Parsley Potatoes & Green Beans
DESSERT	Fruits	Fruits	Cakes	Bananas	Fruits

21 ST – 25 TH OCTOBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Avocado Slices	Oriental Salad	Kachumbari	Coleslaw salad	Carrot and Apple salad
MAIN	Beef Lasagne	Chicken Teriyaki	Beans Stew	Beef Shawarma	Pasto Chicken Pasta
VEGETARIAN	Veggie Cheese Lasagne	Tofu Teriyaki	Spinach	Roasted Vegetable & Humus Wrap	Pasto Cheese Pasta
EXTRAS	Garlic Bread	Rice/Boiled Irish	Posho / Pilau Rice	Potato Wedges	Focaccia Bread
DESSERT	Fruits	Cookies	Bananas	Ice Cream	Fruits



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OCTOBER - DECEMBER 2024

28TH OCTOBER – 1ST NOVEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Carrots & Apple Salad	Coleslaw Salad	Kachumbari	Coleslaw	Cucumber Slices
MAIN	Bolognese	Chicken Wrap	Mixed Yellow Lentil	Beef Burger	Butter Chicken
VEGETARIAN	Tomato & Cheese Concassé	Cheese & Tomato Wrap	Chapati	Veg Burger	Palak Paneer
EXTRAS	Spaghetti	Paprika Fries	Rice	Sweet Potato Fries	Rice/Nan Bread
DESSERT	Fruits	Pineapple Pie	Bananas	Fruits	Cookies

4TH – 8TH NOVEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Carrot and Apple Salad	Nachos with Guacamole	Vegetable Spring Rolls	Garden salad	Coleslaw
MAIN	Beef Stroganoff	Chicken Quesadillas	Egg & Veg Fries Rice	Meat Balls in Concassé	Chicken Schnitzel Burger
VEGETARIAN	Mushroom Stroganoff	Cheese Quesadillas	Veg Fried Rice	Creamy Cheese Concassé	Vegetable Burger
EXTRAS	Mash Potatoes or Rice	Casava Fries		Elbow Macaroni & Garlic Bread	Home Fries
DESSERT	Cookies	Fruits	Bananas	Fruits	Fruits



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OCTOBER - DECEMBER 2024

12 TH – 15 TH NOVEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Public Holiday	Slices Cucumber	Avocado Slices	Kachumbari salad	Coleslaw
MAIN		Butter Chicken	Pizza Margherita	Beef Stew	Pasto Chicken Pasta
VEGETARIAN		Palak Potato	Pizza Margherita	Beans Stew	Pasto Cheese Pasta
EXTRAS		Sunshine rice / Nan Bread	Steamed vegetables	Chapatti & Pilau Rice	Garlic Bread
DESSERT		Cookies	Fruits	Cake	Fruits

18 TH – 22 ND NOVEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Green Salad	Kachumbari Salad	Tomato & Avocado Salad	Guacamole & Nachos	Vegetable Spring Rolls
MAIN	Minced Beef Patties in Gravy	Chicken Curry	Roast Vegetable pasta Bake	Chicken Quesadilla	Beef and Broccoli
VEGETARIAN	Falafel in Gravy	Cauliflower & Potato Curry	Margherita Pizza	Vegetable Quesadilla	Stir-fry Veg.
EXTRAS	Dauphinois Potatoes	Rice/ Nan		Steamed Vegetables	Rice/ Mash
DESSERT	Fruits	Cookies	Fruits	Fruits	Chocolate Cake



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25 TH – 29 TH NOVEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Coleslaw	Garden Salad	Avocado Slices	Garden Salad	Oriental Salad
MAIN	Chicken Wrap	Bolognese	Beans Stew	Beef Stroganoff	Chicken Fried Rice
VEGETARIAN	Vegetable Wrap	Ratatouille	Sauteed Spinach	Sauteed Carrot and Broccoli	Vegetable Fried Rice
EXTRAS	Potato Wedges	Spaghetti	Rice or Posho	Mash	
DESSERT	Pineapple Pie	Fruits	Cakes	Fruits	Fruits

2 ND – 6 TH DECEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Arabic Salad	Oriental Salad	Nachos with Guacamole	Green salad	Coleslaw
MAIN	Beef Shawarma	Chicken Fried Noodles	Beans & Cheese Burritos	Meat Balls in Continental Gravy	Grilled Herbed Chicken
VEGETARIAN	Roast Veg. & Humus Shawarma	Vegetable Fried Noodles		Cheese Balls in Gravy	Grilled Herbed Tofu
EXTRAS	Sweet Potato Fries		Green Beans	Rice/Mash	Home Fries
DESSERT	Fruits	Bananas	Cakes	Fruits	Cookies



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9 th – 13 th DECEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Mixed Salad	Garden Salad	Italian Salad	Avocado Slices	Cole slaw
MAIN	Chicken Lollypops	Beef Curry	Vegetable Lasagna	Chicken Wraps	Cheese Burger
VEGETARIAN	Ratatouille	Mix Vegetable Curry	Steamed Carrots	Vegetable Wraps	Vegetable Cheese Burger
EXTRAS	Baked Potato Wedges	Rice/Nan Bread	Garlic Bread	Casava Fries	Chips
DESSERT	Bananas	Cake	Fruits	Cookies	Ice Cream