



INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

AUGUST - SEPTEMBER 2024

14 TH – 16 TH AUGUST 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER			Oriental Salad	Nachos with Guacamole	Green Salad
MAIN			Chicken Fried Noodles		Beef Patties in Continental Gravy
VEGETARIAN			Vegetable Fried Noodles	Mexican Vegetables and Cheese Wraps	Falafel In Gravy
EXTRAS				Home Fries	Rice/Mash
DESSERT			Fruits	Cakes	Fruits

19 TH – 23 RD AUGUST 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	Pesto Chicken Pasta
VEGETARIAN	Veggie Cheese Lasagne	Tofu Teriyaki	Spinach	Roasted Vegetable & Humus Wrap	Pesto Cheese Pasta
EXTRAS	Garlic Bread	Rice/Boiled Irish	Posho / Pilau Rice	Potato Wedges	Garlic Bread
DESSERT	Fruits	Cookies	Sweet Bananas	Ice Cream	Fruits



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26 TH – 20 TH AUGUST 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 Concasse	Cheese & Tomato Wrap	Chapati	Veg Burger	Palak Paneer
EXTRAS	Spaghetti	Paprika Fries	Rice	Chips	Rice/Nan Bread
DESSERT	Fruits	Pineapple Pie	Cake	Fruits	Cookies

2 ND – 6 TH SEPTEMBER 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 Concasse	Chicken Schnitzel Burger
VEGETARIAN	Mushroom Stroganoff	Cheese Quesadillas'	Veg Fried Rice	Creamy Cheese Concasse	Vegetable Burger
EXTRAS	Mash Potatoes Rice	Sweet Potato Fries		Elbow Macaroni Garlic Bread	Home Fries
DESSERT	Fruits	Fruits	Chocolate Cake	Fruits	Cookies



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9 TH – 13 TH SEPTEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Oriental Salad	Slices Cucumber	Avocado Slices	Kachumbari Salad	Coleslaw
MAIN	Beef, Carrots Zucchini And Green Beans	Butter Chicken	Pizza Margherita	Beef Stew	Pesto Chicken Pasta
VEGETARIAN	Tofu & Veg Stir Fry	Palak Potato	Pizza Margherita	Beans Stew	Pesto Cheese Pasta
EXTRAS	Vegetable Rice Parsley Potatoes	Sunshine Rice / Nan Bread	Home Fries	Chapatti/Pilau Rice	Garlic Bread
DESSERT	Fruits	Cookies	Fruits	Cake	Fruits

17 TH – 20 TH SEPTEMBER 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	ISU Holiday	Kachumbari Salad	Green Salad	Tomato salad	Vegetable Spring Rolls
MAIN		Chicken Curry	Minced Beef Patties in Gravy	Roast Vegetable Pasta Bake	Beef and Broccoli
VEGETARIAN		Cauliflower & Potato Curry	Falafel in Gravy	Margherita Pizza	Stir-fry Vegetables
EXTRAS		Rice/ Nan	Dauphinois Potatoes	Garlic Bread	Rice/ Mash
DESSERT		Cookies	Fruits	Fruits	Chocolate Cake



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AUGUST - SEPTEMBER 2024

23RD – 27TH SEPTEMBER 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 Noodles
VEGETARIAN	Vegetable Wrap	Ratatouille	Sauteed Spinach	Sauteed Carrot and Broccoli	Vegetable Fried Noodles
EXTRAS	Potato Wedges	Spaghetti	Rice/ Posho	Rice/Mash	
DESSERT	Pineapple Pie	Fruits	Cakes	Fruits	Fruits

30TH SEPTEMBER – 4TH OCTOBER 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	Beef Patties in Continental Gravy	Grilled Herbed Chicken
VEGETARIAN	Roast Veg. & Humus Shawarma	Vegetable Fried Noodles		Falafel in Gravy	Grilled Herbed Tofu
EXTRAS	Potato Wedges		Rice	Rice/Mash	Home Fries
DESSERT	Fruits	Sweet Banana	Cakes	Fruits	Cookies