



INTERNATIONAL SCHOOL OF UGANDA (ISU)

04 MAY TO 12 JUNE



04 - 08 May

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Mango Salsa	Garden Salad
Main	Chicken Quesadilla	Chili Con Carne	Chick Pea & Sweet Corn Curry	Beef Taco	Creamy Chicken Pesto Pasta
Vegetarian	Vegetable Cheesy Quesadilla	Beans Stew	Chick Pea & Potato Curry	Black Beans Taco	Creamy Pesto Pasta
Sides	Cassava Sticks	Mash/Rice	Naan	Home Fries	Sauteed Carrots & Garlic Bread
Dessert	Watermelon Slices	Chocolate Cake	Fruit Chaat	Pow Pow	Pineapple Slices



11 - 15 May

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Sliced Cucumber	Tomato Salad	Boiled Pumpkin	Oriental Salad	Coleslaw
Main	Chicken Tikka Masala	Beef and Lentil Stew	Beans Stew	Beef Teriyaki	Chicken Burger
Vegetarian	Palak Paneer	Lentil Stew & Sauteed Green Beans	Sauteed Spinach	Tofu Teriyaki	Vegetable Burger
Sides	Sunshine Rice/Naan	Mash/Rice	Posho/Rice	Veg. Rice/Parsley Potato	Baked Potato Wedges
Dessert	Watermelon Slices	Sweet Banana	Sweet Banana	Pineapple Slices	Cake



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04 MAY TO 12 JUNE



18 - 22 May

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Garden Salad	Coleslaw	Avocado Slices	Oriental Salad	Cucumber Salad
Main	Veg. Lasagna	Chicken Wrap	Beef Sausages with onion & Gravy	Oriental Chicken Noodles	Beef Stew
Vegetarian	Veg. Lasagna	Veg. & Cheese Wrap	Vegetable Dumplings with Gravy	Veg. Oriental Noodles	Veg. Stew
Sides	Garlic Bread/ Broccoli and green beans	Potato Wedges	Mash	Bell Peppers Carrots & Cabbage stir fry	Rice
Dessert	Mango Slices	Pineapple Pie	Sweet Bananas	Fruit Tart	Pineapple Pie



25 - 29 May

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Tzatziki & Pita	Garden Salad	Public Holiday	Veg. Spring rolls	Italian Salad
Main	Chicken Curry	Vegetable Frittata		Beef Prego Roll	Pesto Chicken Skewers
Vegetarian	Cauliflower & Carrot Curry	Sauteed Green Bean		Veg. Prego Roll	Broccoli carrot & Zucchini skewers
Sides	Rice/ Chapati	Roasted Potatoes		Potato Fries	Roasted Vegetables & Pasta
Dessert	Ice Cream	Sweet Bananas		Watermelon Slices	Pineapple Slices