



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

2nd Feb to 27<sup>th</sup> March 2026

2 <sup>nd</sup> Feb – 6 <sup>th</sup> Feb 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Coleslaw Salad	Garden Salad
Main	Chicken Quesedillia	Chili Con Carne	Chick Pea & Sweet Corn Curry	Beef Shawarma	Oriental Style Chicken Wings
Vegetarian	Vegetable Cheesy Quesadilla	Beans Stew	Chick Pea & Sweet Corn Curry	Roasted Vegetable & Humus Wrap	Tofu & Veg Stir Fry
Sides	Cassava Sticks	Rice/Mash	Naan/Rice	Potato Wedges	Veg. Fried Rice
Dessert	Watermelon Slices	Chocolate Cake	Fruit Chat	Ice Cream	Pineapple Slices

9 <sup>th</sup> Feb – 12 <sup>th</sup> Feb 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Public Holiday
Salad	Mixed Salad	Sliced Cucumber	Italian Salad	Avocado Slices	
Main	Chicken Lollypops	Chicken Tikka Masala	Vegetable Lasagna	Chicken Wraps	
Vegetarian	Ratatouille	Palak Paneer	Steamed Carrots & Green Beans	Vegetable Wraps	
Side	Potato Wedges	Sunshine Rice/Pita Bread	Garlic Bread	Sweet Potato Fries	
Dessert	Sweet Banana	Cake	Fruits	Cookies	



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2nd Feb to 27<sup>th</sup> March 2026

17 <sup>th</sup> Feb – 20 <sup>th</sup> Feb 2026					
	MONDAY Public Holiday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad		Tomato Salad	Coleslaw	Oriental Salad	Tomato & Avocado Salad
Main		Beef And Lentil Stew	Margherita Pizza	Beef Teriyaki	Caribbean Chicken
Vegetarian		Lentil Stew & Sauteed Green Beans	Margherita Pizza	Tofu Teriyaki	Zucchini Baked
Sides		Mashed Potatoes/ Rice	Cold Roasted Vegetable Pasta With Greek Dressing	Rice/Steamed Irish	Potato Fries
Dessert		Sweet Bananas	Chocolate Cake Slices	Pineapple Slices	Mango Slices

23 <sup>rd</sup> Feb – 27 <sup>th</sup> Feb 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad	Garden Salad	Coleslaw	Avocado Slices	Oriental Salad	Mango Salsa
Main	Vegetable Lasagne	Fish Cakes	Beef Sausages With Onion & Gravy	Oriental Chicken Noodles	Beef Taco
Vegetarian	Steamed Broccoli & Green Beans	Falafel Patties & Corn On the Cob	Vegetable Dumplings with Gravy	Veg. Oriental Noodles	Black Beans Taco
Sides	Garlic Bread	Potato Wedges	Mash/Rice	Bell Peppers Carrots and Cabbage Stir Fry	Cassava Fries
Dessert	Mango Slices	Marble Cake	Sweet Banana	Fruit Tart	Pow Pow



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2nd Feb to 27<sup>th</sup> March 2026

2 <sup>nd</sup> March – 6 <sup>th</sup> March 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Guacamole & Salsa	Kachumbari	Coleslaw	Tomato Salsa	Oriental Salad
Main	Beef Quesadilla	Chicken Curry	Margherita Pizza	Beef Bolognese	Chicken & Veg Teriyaki
Vegetarian	Veg Quesadilla	Paneer Chickpeas Curry	Caramelized Carrots	Creamy Vegetable Sauce	Tofu Teriyaki,
Sides	Chips	Rice/Nan	Grilled Vegetables	Spaghetti And Garlic Bread	Rice/Mash
Dessert	Pineapple Slices	Cake Slices	Watermelon Slices	Mango Slices	Cookies

9 <sup>th</sup> March – 13 <sup>th</sup> March 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Carrot And Apple Salad	Coleslaw	Vegetable Spring Rolls	Coleslaw	Cucumber Slices
Main	Beef Goulash	Pasto Chicken Pasta	Egg & Veg Fries Rice	Beef Burger	Butter Chicken
Vegetarian	Mushroom & Vegetable Goulash	Pasto Cheese Pasta	Veg Fried Rice	Veg Burger	Palak Paneer
Sides	Vegetable Rice/ Parsley Potatoes	Garlic Bread	Assorted Vegetables	Sweet Potato Fries	Rice/Nan Bread
Dessert	Cookies	Watermelon Slices	Sweet Banana	Pineapple Slices	Fruit Tart



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2nd Feb to 27<sup>th</sup> March 2026

16 <sup>th</sup> March – 19 <sup>th</sup> March 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Public Holiday
Salads	Green Salad	Kachumbari Salad	Tomato & Avocado Salad	Vegetable Spring Rolls	
Main	Minced Beef Patties In Gravy	Chicken Curry	Roast Vegetable Pasta Bake	Beef And Broccoli	
Vegetarian	Falafel In Gravy	Cauliflower & Potato Curry	Margherita Pizza	Stir-Fry Veg	.
Sides	Dauphinois Potatoes	Rice/ Nan	Roasted Vegetables	Rice/ Mash	
Dessert	Fruits	Cookies	Fruits	Chocolate Cake	

23 <sup>rd</sup> March – 27 <sup>th</sup> March 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salads	Arabic Salad	Oriental Salad	Nachos With Guacamole	Green Salad	Coleslaw
Main	Beef Shawarma	Chicken Fried Noodles	Beans & Cheese Burritos	Meat Balls in Continental Gravy	Chicken Stitzel Burger
Vegetarian	Roast Veg. & Humus Shawarma	Vegetable Fried Noodles	Beans & Cheese Burritos	Cheese Balls in Gravy	Vegetable Burger
Sides	Sweet Potato Fries	Mix Vegetables	Green Beans and Carrots	Rice/Mash	Home Fries
Dessert	Watermelon Slices	Sweet Banana	Cakes	Pineapple Slices	Cookies