



INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

6th Jan to 30th Jan 2026

6 th Jan to 9 th Jan 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD		<i>Tzatziki & Pita</i>	<i>Garden Salad</i>	<i>Italian Salad</i>	<i>Veg. Spring Roll</i>
MAIN		<i>Chicken Curry</i>	<i>Vegetable Frittata</i>	<i>Pesto Chicken Skewers</i>	<i>Beef Prego Roll</i>
VEGETARIAN		<i>Cauliflower & Carrot Curry</i>	<i>Sauteed Green Bean</i>	<i>Broccoli Carrot & Zucchini skewers</i>	<i>Vegetable Roll</i>
SIDE		<i>Rice</i>	<i>Roasted Potatoes</i>	<i>Roasted Vegetables & Pasta</i>	<i>Potato Fries</i>
DESSERT		<i>Ice Cream</i>	<i>Sweet Banana</i>	<i>Pineapple slices</i>	<i>Watermelon Slices</i>

12 th Jan – 16 th Jan 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	<i>Garden Salad</i>	<i>Coleslaw</i>	<i>Avocado Slices</i>	<i>Election Day Holiday</i>	<i>Election Day Holiday</i>
MAIN	<i>Bolognese</i>	<i>Chicken Wrap</i>	<i>Bean Stew</i>		
VEGETARIAN	<i>Zucchini & Cheesy Tomato Sauce</i>	<i>Vegetable Wraps</i>	<i>Steamed Pumpkin</i>		
SIDE	<i>Penne Pasta</i>	<i>Potato Wedges</i>	<i>Chapati/Posho</i>		
DESSERT	<i>Watermelon Slices</i>	<i>Pineapple Slices</i>	<i>Chocolate Cake Slice</i>		



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6th Jan to 30th Jan 2026

19 nd Jan – 23 rd Jan 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	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
SIDE	Chips	Rice	Grilled Vegetables	Spaghetti And Garlic Bread	Rice
DESSERT	Pineapple Slices	Cake Slices	Watermelon Slices	Mango Slices	Cookies

27 th Jan – 30 Jan 2026					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER	Public Holiday	Avocado Slices	Kachumbari	Coleslaw	Veg. Spring Roll
MAIN		Beef Stroganoff	Sweet Corn & Chickpeas in coconut sauce	Chicken Stitzel Burger	Beef And Broccoli Stir-fry
VEGETARIAN		Mushroom Stroganoff	Sweet Corn & Chickpeas in Coconut Sauce	Vegetable Burger	Carrot, Zucchini & Broccoli Stir-fry
SIDE		Mashed Potatoes/Rice	Sunshine Rice	Chips	Rice
DESSERT		Watermelon	Cake Slices	Pineapple Slices	Sweet Banana