



INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

13th Oct to 7th Nov 2025

13 th Oct – 27 th Oct 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Mango Salsa	Coleslaw
MAIN	Chicken Quesadilla	Chili Con Carne	Chickpea Curry	Beef Taco	Chicken Burger
VEGETARIAN	Vegetable Cheesy Quesadilla	Beans Stew	Chickpea Curry	Black Beans Taco	Vegetable Burger
SIDE	Cassava Sticks	Rice	Naan	Cassava Fries	Baked Potato Wedges
DESSERT	Watermelon Slices	Chocolate Cake	Fruit Chat	Pow Pow	Pineapple Slices

20 th Oct – 24 th Oct 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Sliced Cucumber	Tomato Salad	Coleslaw	Oriental Salad	Tomato & Avocado Salad
MAIN	Chicken Tikka Masala	Beef And Lentil Stew	Cold Roasted Vegetable Pasta with Greek Dressing	Beef Teriyaki	Caribbean Chicken
VEGETARIAN	Palak Paneer	Lentil Stew & Sauteed Green Beans	Cold Roasted Vegetable Pasta with Greek Dressing	Tofu Teriyaki	Zucchini Baked
SIDE	Sunshine Rice	Mashed Potatoes	Margherita Pizza	Rice	Baked Potatoes
DESSERT	Watermelon Slices	Sweet Bananas	Chocolate Cake Slices	Pineapple Slices	Mango Slices



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13th Oct to 7th Nov 2025

27 th Oct – 31 st Oct 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Garden Salad	Coleslaw	Avocado Slices	Oriental Salad	Cucumber Salad
MAIN	Vegetable Lasagne	Fish Cakes	Beef Sausages with onion & Gravy	Oriental Chicken Noodles	Beef stew
VEGETARIAN	Steamed Broccoli	Falafel Patties & Corn On the Cob	Vegetable Dumplings with Gravy	Veg. Oriental Noodles	Vegetable stew
SIDE	Garlic Bread	Potato Wedges	Mash	Bell Peppers Carrots and Cabbage stir fry	Rice
DESSERT	Mango Slices	Marble Cake	Sweet Banana	Fruit Tart	Pineapple Pie

3 rd Nov – 7 th Nov 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Tzatziki & Pita	Garden Salad	Italian Salad	Veg. Spring rolls	Tomato & Cucumber Slices
MAIN	Chicken Curry	Vegetable Frittata	Pesto Chicken Skewers	Beef Prego Roll	Baked Fish in Lemon Butter Sauce
VEGETARIAN	Cauliflower & Carrot Curry	Sauteed Green Bean	Broccoli carrot & Zucchini skewers	Vegetable Roll	Steamed Carrot & Zucchini
SIDE	Rice/Chapati	Roasted Potatoes	Roasted Vegetables & Pasta	Potato Fries	Parsley Potatoes
DESSERT	Ice Cream	Sweet Banana	Pineapple slices	Watermelon Slices	Papaya Slices