



INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

22nd April to 6th June 2025

22 nd April – 25 TH April 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD		Coleslaw	Boiled Pumpkins	Beetroot & Carrot Salad	Garden Salad
MAIN		Chicken Wrap	Beans Stew	Beef Goulash	Creamy Chicken Pesto Pasta
VEGETARIAN		Vegetable & Cheese Wrap	Sauteed Spinach	Vegetable Goulash	Creamy Cheesy Pesto
SIDE		Home Fries	Posho/Rice	Rice	Sauteed Carrots & Garlic Bread
DESSERT		Pineapple Pie	Sweet banana	Watermelon Slices	Pineapple Slices

28 th April – 2 nd May 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Public Holiday	Coleslaw
MAIN	Chicken Quesadilla	Chili Con Carne	ChickPea Curry		Chicken Burger
VEGETARIAN	Vegetable Cheesy Quesadilla	Beans Stew	ChickPea Curry		Vegetable Burger
SIDE	Cassava Sticks	Rice	Nan		Baked Potato Wedges
DESSERT	Watermelon Slices	Chocolate Cake	Fruit Chat		Pineapple Slices



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5 th May – 9 th May 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Sliced Cucumber	Tomato Salad	Margherita Pizza	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	Paw Paw Slices	Cookies	Pineapple Slices	Mango Slices

12 th May – 16 th May 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	Chicken Oriental Noodles	Beef Stir-fry
VEGETARIAN	Steamed Broccoli	Falafel Patties & Corn On the Cob	Veggie Cheesy Dumplings with Gravy	Veg. Oriental Noodles	Stir Fry Veg.
SIDE	Garlic Bread	Potato Wedges	Mash	Bell Peppers Carrots and Cabbage	Rice
DESSERT	Mango Slices	Chocolate Cake	Sweet Banana	Fruit Tart	Pineapple Pie



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19 th May – 23 rd May 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Mango Salsa	Tzatziki & Pita	Garden Salad	Italian Salad	Springrolls
MAIN	Beef Taco	Chicken Curry	Veggie Frittata	Pesto Chicken Skewers	Beef Pregos Roll
VEGETARIAN	Black Beans Tacos	Cauliflower & Carrot Curry	Green Bean	Cheesy Concasse	Vegetable Roll
SIDE	Cassava Fries	Rice/Chapati	Roasted Potatoes	Roasted Vegetables & Pasta	Potato Fries
DESSERT	Paw Paw	Ice Cream	Sweet Banana	Fruit	Fruit

26 th – 30 th May 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Garden Salad	Coleslaw	Avocado Slices	Roasted Beetroot & Cucumber Salad	Tomato & Cucumber Slices
MAIN	Bolognese	Chicken Wrap	Bean Stew	Egg Mayo Sandwich	Baked Fish in Lemon Butter Sauce
VEGETARIAN	Zucchini & Cheesy Tomato Sauce	Vegetable Wraps	Steamed Pumpkin	Roasted veg. & Hummus Sandwich	Steamed Carrot & Zucchini
SIDE	Penne Pasta	Potato Wedges	Chapati/Posho	Sweet Potato Fries	Parsley Potatoes
DESSERT	Watermelon Slices	Pineapple Pie	Sweet Banana	Mango Slices	Paw Paw Slices



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2 nd June – 6 th June 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD	Coleslaw	Public Holidays	Garden Salad	Coleslaw	Half Day
MAIN	Chicken Hot Dog		Beans Stew	Chicken Schnitzel Burger	
VEGETARIAN	Cheesy Veg Kebab Rolls		Beans Stew	Chickpea Pattie Burger	
SIDE	Home Fries		Mexican Rice	Home Fries	
DESSERT	Ice Cream		Pineapple Crumble	Pineapple Slices	