



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

13<sup>th</sup> August to 3<sup>rd</sup> October 2025

13 <sup>th</sup> – 15 <sup>TH</sup> Aug 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	No School	No School	Coleslaw	Boiled Pumpkins	Garden Salad
<b>MAIN</b>			Chicken Wrap	Beans Stew	Creamy Chicken Pesto Pasta
<b>VEGETARIAN</b>			Vegetable & Cheese Wrap	Sauteed Spinach	Creamy Pesto
<b>SIDE</b>			Home Fries	Posho/Rice	Sauteed Carrots & Garlic Bread
<b>DESSERT</b>			Pineapple Pie	Sweet banana	Pineapple Slices

18 <sup>th</sup> – 22 <sup>nd</sup> Aug 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Guacamole	Sauteed Cabbage	Tomato & Cucumber Slices	Mango Salsa	Coleslaw
<b>MAIN</b>	Chicken Quesedillia	Chili Con Carne	Chick Pea Curry	Beef Taco	Chicken Burger
<b>VEGETARIAN</b>	Vegetable Cheesy Quesadilla	Beans Stew	Chick Pea Curry	Black Beans Taco	Vegetable Burger
<b>SIDE</b>	Cassava Sticks	Rice	Nan	Cassava Fries	Baked Potato Wedges
<b>DESSERT</b>	Watermelon Slices	Chocolate Cake	Fruit Chat	Papaya Slices	Pineapple Slices



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

13<sup>th</sup> August to 3<sup>rd</sup> October 2025

25 <sup>th</sup> – 29 <sup>th</sup> Aug 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Sliced Cucumber	Tomato Salad	Magheritta Pizza	Oriental Salad	Tomato & Avocado Salad
<b>MAIN</b>	Chicken Tikka Masala	Beef And Lentil Stew	Cold Roasted Vegetable Pasta with Greek Dressing	Beef Teriyaki	Caribbean Chicken
<b>VEGETARIAN</b>	Palak Paneer	Lentil Stew & Sauteed Green Beans	Cold Roasted Vegetable Pasta with Greek Dressing	Tofu Teriyaki	Zucchini Baked
<b>SIDE</b>	Sunshine Rice	Mashed Potatoes	Margherita Pizza	Rice	Baked Potatoes
<b>DESSERT</b>	Watermelon Slices	Sweet Bananas	Chocolate Cake Slices	Pineapple Slices	Mango Slices

1 <sup>st</sup> – 5 <sup>th</sup> Sept 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Garden Salad	Coleslaw	Avocado Slices	Oriental Salad	Cucumber Salad
<b>MAIN</b>	Vegetable Lasagne	Fish Cakes	Beef Sausages with onion & Gravy	Oriental Chicken Noodles	Beef stew
<b>VEGETARIAN</b>	Steamed Broccoli	Falafel Patties & Corn On the Cob	Vegetable Dumplings with Gravy	Vegetable Oriental Noodles	Vegetable stew
<b>SIDE</b>	Garlic Bread	Potato Wedges	Mash	Bell Peppers Carrots and Cabbage Stir Fry	Rice
<b>DESSERT</b>	Mango Slices	Marble Cake	Sweet Banana	Fruit Tart	Pineapple Pie



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

13<sup>th</sup> August to 3<sup>rd</sup> October 2025

8 <sup>th</sup> – 11 <sup>th</sup> Sept 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Tzatziki & Pita	Garden Salad	Italian Salad	Veg. Spring rolls	<b>ISU Holiday</b>
<b>MAIN</b>	Chicken Curry	Vegetable Frittata	Pesto Chicken Skewers	Beef Prego Roll	
<b>VEGETARIAN</b>	Cauliflower & Carrot Curry	Sauteed Green Bean	Broccoli carrot & Zucchini Skewers	Vegetable Roll	
<b>SIDE</b>	Rice/Chapati	Roasted Potatoes	Roasted Vegetables & Pasta	Potato Fries	
<b>DESSERT</b>	Ice Cream	Sweet Banana	Pineapple slices	Watermelon Slices	

15 <sup>th</sup> – 19 <sup>th</sup> Sept 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD</b>	Garden Salad	Coleslaw	Avocado Slices	Roasted Beetroot & Cucumber Salad	Tomato & Cucumber Slices
<b>MAIN</b>	Bolognese	Chicken Wrap	Bean Stew	Chicken Mayo Sandwich	Baked Fish in Lemon Butter Sauce
<b>VEGETARIAN</b>	Zucchini & Cheesy Tomato Sauce	Vegetable Wraps	Steamed Pumpkin	Roasted Vegetables & Hummus Sandwich	Steamed Carrot & Zucchini
<b>SIDE</b>	Penne Pasta	Potato Wedges	Chapati/Posho	Sweet Potato Fries	Parsley Potatoes
<b>DESSERT</b>	Watermelon Slices	Pineapple Pie	Sweet Banana	Mango Slices	Papaya Slices



## INTERNATIONAL SCHOOL OF UGANDA LUNCH MENU

13<sup>th</sup> August to 3<sup>rd</sup> October 2025

22 <sup>nd</sup> – 26 <sup>th</sup> Sept 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STARTER</b>	Guacamole & Salsa	Kachumbari	Coleslaw	Tomato salsa	Oriental Salad
<b>MAIN</b>	Beef Quesadilla	Chicken Curry	Margherita Pizza	Beef Bolognese	Chicken & Veg Teriyaki
<b>VEGETARIAN</b>	Veg Quesadilla	Paneer Chickpeas Curry	Caramelized Carrots	Creamy Vegetable Sauce	Tofu Teriyaki
<b>SIDE</b>	Chips	Rice	Grilled Vegetables	Spaghetti And Garlic Bread	Rice
<b>DESSERT</b>	Pineapple Slices	Cake Slices	Watermelon Slices	Mango Slices	Cookies

29 <sup>th</sup> Sept – 3 <sup>rd</sup> Oct 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STARTER</b>	Garden Salad	Avocado Slices	Kachumbari	Coleslaw	Veg. Spring Roll
<b>MAIN</b>	Pesto Creamy Chicken Sauce	Beef Stroganoff	Sweet Corn & Chickpeas in Coconut Sauce	Chicken Stitzel Burger	Beef And Broccoli Stir-fry
<b>VEGETARIAN</b>	Vegetable Creamy Pesto Sauce	Mushroom Stroganoff	Sweet Corn & Chickpeas in coconut sauce	Vegetable Burger	Carrot, zucchini & Broccoli Stir-fry
<b>SIDE</b>	Penne/Steamed Vegetables	Mashed Potatoes	Sunshine Rice	Chips	Rice
<b>DESSERT</b>	Watermelon Slices	Cake Slices	Cookies	Pineapple Slices	Fruit