

The British School of Kampala



Week #1

Monday	Tuesday	Wednesday	Thursday	Friday
Fried goat and chapatti, served with salad -Fresh fruit	Cheese and onion flan with homemade baked beans served with chips -Fresh fruit	Roast beef, roast potatoes, carrots and cabbage -Fresh fruit	Beans served with rice and greens -Fresh fruit	Chicken pilau -Fresh fruit

Week #2

Monday	Tuesday	Wednesday	Thursday	Friday
Goat/lamb hotpot with onions, potatoes, carrots and gravy -Fresh fruit	Minced beef cooked with onions, tomatoes, peppers served with spaghetti -Fresh fruit	Beans cooked with butter served with fried gonja and posho -Fresh fruit	Chips served with carrots, sweet corn and fish fingers -Fresh fruit	Egg burgers -Fresh fruit

Week #3

Monday	Tuesday	Wednesday	Thursday	Friday
Cashew nut chow mein served with vegetables and noodles -Fresh fruit	Roast goat served with mint sauce, green beans, carrots and roast potatoes -Fresh fruit	Vegetable macaroni with , onions, tomatoes, , carrots, fresh peas and cheese sauce -Fresh fruit	Goulash beef, tomatoes and mushrooms served with chapatti -Fresh fruit	Chicken and mushroom pie served with chips, carrots and pumpkin -Fresh fruit

Week #4

Monday	Tuesday	Wednesday	Thursday	Friday
Smoked fish in groundnut sauce served with sweet potatoes and greens -Fresh fruit	Rice served with Dry peas and Sukuma -Fresh fruit	Vegetable omelet served with chips -Fresh fruit	Beef sausages served with butter potatoes and baked beans -Fresh fruit	Beef pilau served with kachumbari -Fresh fruit

Note: The order of days when the food is served is subject to change