



Sinai Lunch Menu 2023 – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Chicken Shwarma	Homemade chicken nuggets	Shepherd's Pie	Meatballs	Haddock Goujons / Fish Fingers
Side dish	Rice	Chips	Garlic Bread	Spaghetti	Potato Wedges
Vegetarian Option	Tomato pasta	Vegetarian Schnitzel	Vegetable Pie	Vegetarian Salami	Vegan Macaroni Cheese
Vegetable sides	Mixed Salad / Green Beans	Broccoli Ratatouille	Side Salad / Sweetcorn	Coleslaw	Peas / Tomato Wedges
Food Bar	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads
Dessert	Chocolate Mousse	Apple Crumble	Fruit Salad	Sponge cake	Orange Wedges



Sinai Lunch Menu 2023 – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Turkey with Gravy	Beef Burger	Lightly Spiced Chicken Curry	Salt Beef	Haddock Goujons / Fish Fingers
Side dish	Penne Pasta	Burger Bap	Rice	Mashed Potatoes	Chips
Vegetarian Option	Sweetcorn Fritters	Vegetarian Burger	Spiced Vegetable Curry	Vegetarian Strips Goulash	Vegetarian Nuggets
Vegetable sides	Green Beans / Carrots	Sweet Potato Wedges / Roasted Vegetable Cous Cous	Broccoli / Cauliflower	Israeli Salad	Peas / Baked Beans
Food Bar	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads
Dessert	Sponge Cake	Chocolate Fudge Pudding	Fruit Salad	Banana Cake	Cookies



Sinai Lunch Menu 2023 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main Course	Brisket gravy	Sweet and Sour Chicken	Meatballs	Bolognaise Pasta	Roast Chicken Thighs
Side dish	Mashed Potatoes	Rice	Vegetable Cous Cous	Garlic Bread Slice	Chips
Vegetarian Option	Carrot & Corriander Falafel	Vegetable Pasty	Tomato Pasta Bake	Pesto Pasta	Mushroom & Spinach Lasagne
Vegetable sides	Crudités / Green Beans	Mixed Salad / Sweetcorn	Side Salad / Tomato Wedges	Herby Grilled Mushrooms	Homemade Coleslaw / Mixed lettuce
Food Bar	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads	Sandwiches / Salads
Dessert	Ice cream	Chocolate Fudge Pudding	Fruit Salad	Sponge Cake	Fruit segments