



Finchley Catholic High School - Menu Autumn 2020



MENU - Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter - Option 1	Chilli Con Carne with Wholemeal Rice	Jerk Chicken with Rice and peas and Plantain	Roast Lamb and Roast Potatoes	Shepherds Pie - with a Cheesy Topping - milk	Oven Baked Breaded Fish - fish and gluten , or Fish Fingers- fish and gluten with Chips
Main Counter - Vegetarian	Cheese and Potato Pie - milk, egg, gluten	Vegetarian Lasagne - milk, gluten with Garlic Bread - milk, gluten and soya	Quorn Meatballs egg and gluten with Roast Potatoes	Creamy tagliatelle pasta with vegetables - milk, gluten with Garlic Bread - milk, gluten and soya	Quorn Sausage toad in the hole egg, dairy and gluten and Gravy
	Seasonal Vegetables - 2 daily				
Dessert	Fruit crumble - Gluten	Carrot Cake with Frosting - egg, milk, soya and gluten	Rice Pudding - milk	Apple and Berry Pie - gluten and Ice cream - milk	Chocolate sponge egg, milk, soya and gluten and Chocolate Sauce - milk
Daily Options	Jacket Potatoes served with a choice of 3 toppings, cheese - milk , - tuna mayonnaise - fish and egg				
Daily Options - various prices	Assorted Sandwiches, wraps, rolls, baguettes, see packaging salad and pasta pots - gluten				
Salad bar	Coleslaw - egg , dressed salad with balsamic dressing- gluten				
Daily Dessert Options	Selection of fresh fruit, fruit pots (contains kiwi), yoghurts - milk , jelly, cookies - egg, milk, soya & wheat				
Cakes	Muffins - egg, milk, soya and gluten Iced buns - egg, milk and gluten				

