



Finchley Catholic High School - Menu Autumn 2020



| MENU - Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|---|---|----------------------------------|---|---|
| Main Counter - Option 1 | Chicken Pie - gluten, milk with Creamy Mashed Potato - milk | Meat Balls - sulphite , in a Tomato sauce with Pasta - gluten | Roast chicken and Roast potatoes | Beef Burger - sulphite Bun - gluten with Oven Baked Jacket Wedges | Oven Baked Breaded Fish - fish and gluten , or Fish Fingers- fish and gluten with Chips |
| Main Counter - Vegetarian | Veggie Hot Dog - egg in a Roll - gluten with Jacket Wedges | Sweet Potato, Spinach and Chickpea Curry - mustard with Rice and Naan Bread - milk and gluten | Stuffed Peppers | Macaroni Cheese - gluten, milk | Homemade Omelette with Chips - egg, milk |
| | Seasonal Vegetables - 2 daily | | | | |
| Dessert | Dorset Apple Cake - egg, milk, and gluten | Chocolate sponge egg, milk, soya and gluten and Chocolate Sauce - milk | Fruit crumble - Gluten | Banana Loaf - egg, milk, and gluten | Lemon Drizzle Cake - egg, milk, and gluten |
| 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 | | | | |

