



## Finchley Catholic High School - Menu Autumn 2021



MENU - Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Counter - Option 1</b>	Chilli Con Carne - with wholemeal Rice -	Meat Balls - <b>sulphite</b> , in a Tomato sauce with Pasta - <b>gluten</b>	Teriyaki chicken. <b>Soya, wheat</b> with Steamed fluffy rice	Beef Burger - <b>sulphite</b> Bun - <b>gluten</b> with Oven Baked Jacket Wedges	Oven Baked Breaded Fish - <b>fish and gluten</b> , or Fish Fingers- <b>fish and gluten</b> with Chips
<b>Main Counter - Vegetarian</b>	Vegetarian Jollof rice with beans -	Sweet Potato, Spinach and Chickpea Curry - <b>mustard</b> wth Rice - <b>milk and gluten</b>	Spicy bean burger in a bun, new potatoes <b>gluten</b>	Macaroni Cheese - <b>gluten, milk</b>	Vegetarian Tacos <b>egg, milk</b>
	Seasonal Vegetables - 2 daily				
<b>Dessert</b>	Fruity victoria sponge with custard <b>egg, milk, and gluten</b>	Chocolate sponge <b>egg, milk, soya and gluten</b> and Chocolate Sauce - <b>milk</b>	Fruit crumble - <b>Gluten</b>	Banana Loaf - <b>egg, milk, and gluten</b>	Lemon Drizzle Cake - <b>egg, milk, and gluten</b>
<b>Daily Options</b>	Jacket Potatoes served with a choice of 3 toppings, cheese - <b>milk</b> , - tuna mayonnaise - <b>fish and egg</b>				
<b>Daily Options - various prices</b>	Assorted Sandwiches, wraps, rolls, baguettes, <b>see packaging</b> salad and pasta pots - <b>gluten</b>				
<b>Salad bar</b>	Coleslaw - <b>egg</b> , dressed salad with balsamic dressing- <b>gluten</b>				
<b>Daily Dessert Options</b>	Selection of fresh fruit, fruit pots ( <b>contains kiwi</b> ), yoghurts - <b>milk</b> , jelly, cookies - <b>egg, milk, soya &amp; wheat</b>				
<b>Cakes</b>	Muffins - <b>egg, milk ,soya and gluten</b> Iced buns - <b>egg, milk and gluten</b>				