



Finchley Catholic High School - Menu Autumn 2021



MENU - Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter - Option 1	Grilled Sausages with creamy mash potato, gravy - Gluten, milk and sulphites	Chicken Curry - mustard, milk with Wholemeal Rice gluten	Lasagne - gluten, milk with Garlic Bread - milk, gluten and soya	BBQ Chicken with Rice barley, celery wheat	Oven Baked Breaded Fish - fish and gluten , or Fish Fingers- fish and gluten with Chips
Main Counter - Vegetarian	Vegetarian Pasta - gluten with Garlic Bread - milk, gluten and soya	Teriyaki quorn pieces with noodles - gluten	Vegetable Moussaka - with new potatoes egg, gluten, milk	Quorn Bolognese with Pasta - egg, gluten	Homemade Chesy Veg hot pot - gluten, mustard and egg
	Seasonal Vegetables - 2 daily				
Dessert	Fruit crumble - Gluten	Coconut and Jam Sponge - egg, milk, soya and gluten and Custard milk	Fruit Flan - gluten, milk	Chocolate sponge egg, milk, soya and gluten and Chocolate Sauce - milk	Banana cake - egg, milk, soya 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				