



Finchley Catholic High School - Menu Autumn 2021



MENU - Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Counter - Option 1	Chicken Pie and creamy mash potato milk, gluten,	Jerk Chicken sulphite, mustard with Rice and peas	Spaghetti Bolognese with Garlic Bread gluten	Chicken Korma with Wholemeal rice, milk gluten, soya	Oven Baked Breaded Fish - fish and gluten, or Fish Fingers- fish and gluten with Chips
Main Counter - Vegetarian	Roasted vegetables with Fussili pasta - gluten	Vegan crunchwrap supreme - ,gluten with	Spinach stuffed portobello mushrooms egg and gluten with new Potatoes	Creamy tagliatelle pasta with vegetables - milk, gluten with Garlic Bread - gluten a	Pasta tomato and basil egg, gluten
	Seasonal Vegetables - 2 daily				
Dessert	Fruit crumble - Gluten	Carrot Cake with Frosting - egg, milk, soya and gluten	cherry/chocolate chip sponge - milk,egg, gluten Custard milk	Apple and Berry Pie - gluten/milk and Ice cream - milk	Chocolate sponge egg, milk, soya and gluten and Chocolate Sauce - milk
Daily Options					
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				