

## Buzz Bar Week 1 – Monday 16<sup>th</sup> April 2018, Monday 4<sup>th</sup> June 2018, Monday 16<sup>th</sup> July 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals Meal Deals Meal & Pudding £2.40 *Vegetarian Dish Gluten Free (GF)	Beef Chilli & Rice Bean Chilli & Rice * Tomato & Bacon Pasta(GF) Quiche * Potato Wedges	Mexican Pulled Pork or Vegetable & Bean* Enchiladas Sausages (GF)  Sweet Potato Wedges	Sweet & Sour Chicken & Noodles Sweet & Sour Vegetables * Meatballs in Tomato Sauce & Pasta.(GF)  Herby Potato Cubes	Lincolnshire Sausage(GF) Quorn Sausages* & Mash Potato & Gravy Quiche* Macaroni Cheese *(GF)	Fish & Chips. Mushy Peas Salmon Fish Cakes
Wok Pots £1.50	Different Choices every day Korma, Tikka, Balti, Rogan Josh, Chilli Different Choices Vegetarian options*				
Jacket Potato 65p- £1.50	Jacket Potatoes served with a choice of Curries, Beans, Cheese, Coleslaw & Tuna				
Love Joes £1.80	Wraps served in many ways-Rolled Hot Wraps with Curry & Rice. Fresh Chicken in BBQ, Mediterranean, Chinese Plum, Tomato Twist Marinade.				
Pasta King £1.30- £2.20	Hot Fresh Pasta served with a choice of Sauces including Vegetarian & Cheese. Served Break and Lunch.				
Hot Snacks 65p- £1.80	Filled assorted Panini, Cheese & Bacon Bagels, Pizzas Assorted Flavours, Bacon Roll, Flat Breads				
Puddings 75p	Apple Pie & Custard	Syrup Sponge & Custard	Cherry Crumble Custard	Bakewell Tart Custard	Hot Pudding Custard
Cold Snacks 70p- £1.80	A selection of freshly made Sandwiches, Wraps, Baguettes, Filled Rolls, Vegetable Snack Pots, Pasta Pots with Chicken & Mayonnaise, Tomato and Tuna Mayonnaise.				
Salad Bar £1.30- £1.80	Fill your box with a choice of homemade salads- Coleslaws, Pasta Salads, Green Salad and many more.				
Snacking Pots 70p-£1.50	Choice of Seasonal fruits, Yoghurts, Jelly, Vegetable Snacking Pots & Dips. Served in takeaway packaging.				

**Your Buzz Bar at LCHS!**

**Food Allergies & Intolerance please speak to our Buzz Bar Staff**