

## Buzz Bar Week 1 – Monday 5<sup>th</sup> September 2016, 17<sup>th</sup> October, 5<sup>th</sup> December, 23<sup>rd</sup> January 2017

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals Meal Deals Meal & Pudding £2.30 *Vegetarian Dish	Beef Chilli & Rice Bean Chilli & Rice * Tomato & Bacon Pasta Quiche * Potato Wedges Choice of Seasonal Vegetables	Mexican Pulled Pork or Vegetable & Bean* Enchiladas  Sweet Potato Wedges Choice of Seasonal Vegetables	Sweet & Sour Chicken & Noodles Sweet & Sour Vegetables * Meatballs in Tomato Sauce & Pasta.  Herby Potato Cubes Choice of Seasonal Vegetables	Lincolnshire Sausage Quorn Sausages* & Mash Potato & Gravy Quiche* Macaroni Cheese * Choice of Seasonal Vegetables	Fish & Chips. Mushy Peas Salmon Fish Cakes
Wok Pots £1.45	Different Choices every day Korma, Tikka, Balti, Rogan Josh, Chilli Different Choices Vegetarian options*				
Jacket Potato 60p- £1.45	Jacket Potatoes served with a choice of Curries, Beans, Cheese, Coleslaw & Tuna				
Love Joes £1.70	Wraps served in many ways-Rolled Hot Wraps with Curry & Rice. Fresh Chicken in BBQ, Mediterranean, Chinese Plum, Tomato Twist Marinade.				
Pasta King £1.70- £2.10	Hot Fresh Pasta served with a choice of Sauces including Vegetarian & Cheese. Served Break and Lunch.				
Hot Snacks 60p- £1.70	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- £1.70	A selection of freshly made Sandwiches, Wraps, Baguettes, Filled Rolls, Vegetable Snack Pots, Pasta Pots with Chicken & Mayonnaise, Tomato and Tuna Mayonnaise.				
Salad Bar £1.20- £1.70	Fill your box with a choice of homemade salads- Coleslaws, Pasta Salads, Green Salad and many more.				
Fruit Bar 70p-£1.00	Choice of fruits, Yoghurt & Granola				

**Your Buzz Bar at LCHS!**

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