

Buzz Bar Week 2- Monday 12th September 2016, 31st October 2016, 12th December 2016,
30th January 2017.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals Meal Deals Meal & Pudding £2.30 *Vegetarian Dish	Beef Stir Fry Vegetable Stir Fry* Beef Pie. Quiche* Potato Wedges Choice of Seasonal Vegetables	Lasagne & Garlic Bread Vegetable Lasagne* Macaroni Carbonara Sweet Potato Wedges Choice of Seasonal Vegetables	Sweet Chilli Chicken Noodles Sweet Chilli Quorn* Noodles Winter Vegetable Curry* Chicken & Bacon Pasta Herby Potato Cubes Choice of Seasonal Vegetables	Roast Beef & Yorkshire Pudding. Roast Potatoes Quiche* Salmon Pasta Tomato Pasta* 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	Majorca Tart & Custard	Wellington Fudge & Custard	Lemon Love & Custard	Fruit Crumble & 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

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