

Buzz Bar Week 3-Monday 30th April 2018, Monday 18th June 2018.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals Meal Deals Meal & Pudding £2.40 *Vegetarian Dish Gluten Free (GF)	Mediterranean Chicken(GF) Coconut Squash Curry* Quiche* Potato Wedges Choice of Seasonal Vegetables	Shepherd's Pie Vegetable Shepherd's Pie* Chicken Szechuan & Rice Sweet Potato Wedges Choice of Seasonal Vegetables	Chicken Balti & Rice(GF) Vegetable Balti* & Rice Pasta Meatballs Spicy Falafels Wraps* Herby Potato Cubes Choice of Seasonal Vegetables	Roast Chicken & Stuffing Roast Potatoes Cauliflower Cheese*(GF) Quiche* Choice of Seasonal Vegetables	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	Fruit Pie & Custard	Cherry Crumble & Custard	Bread & Butter Pudding & Custard	Steamed Sponge & 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