

Buzz Bar Week 3- Monday 19th September 2016, 7th November, 19th December, 6th February 2017.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Mediterranean Chicken	Shepherd's Pie	Chicken Balti & Rice	Roast Chicken & Stuffing	Fish & Chips.
Meal Deals	Coconut Squash	Vegetable Shepherd's Pie*	Vegetable Balti* & Rice	Roast Potatoes	Mushy Peas
Meal & Pudding	Curry*	Chicken Szechuan & Rice	Pasta Meatballs	Cauliflower Cheese*	Salmon Fish Cakes
£2.30	Quiche*	Sweet Potato Wedges	Spicy Falafels Wraps*	Quiche*	
*Vegetarian Dish	Potato Wedges	Sweet Potato Wedges	Herby Potato Cubes	Choice of Seasonal Vegetables	
	Choice of Seasonal Vegetables	Choice of Seasonal Vegetables	Choice of Seasonal Vegetables		
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	Fruit Pie & Custard	Cherry Crumble & Custard	Bread & Butter Pudding & Custard	Steamed Sponge & 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