

Buzz Bar Week 4- Monday 26th September 2016, 14th November, 2nd January 2017

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------|
| Main Meals | Beef Hot Pot Vegetable Hot Pot* | Korma Chicken Curry Korma Quorn Curry* | Lasagne & Salad Vegetable Lasagne* | Roast Gammon & Pineapple, Cauliflower Cheese* | Fish & Chips. Mushy Peas Salmon Fish Cakes |
| Meal Deals Meal & Pudding £2.30 *Vegetarian Dish | Quiche* Salmon Pasta Potato Wedges Choice of Seasonal Vegetables | Hot Noodles Pasta in Tomato Sauce* Sweet Potato Wedges Choice of Seasonal Vegetables | Chicken In Black Bean Pork Meatball Pasta Herby Potato Cubes Choice of Seasonal Vegetables | Vegetable Quiche* Roast Potatoes 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 | Ginger Sponge & Custard | Fruit Crumble & Custard | Steamed Pudding & Custard | Gainsborough 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