

Buzz Bar Week 6- Monday 10th October 2016, 28th November, 16th January 2017.

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Chicken or Quorn Korma* Naan	Savoury Mince Beef or Bean* Chilli	BBQ Chicken Skewers & Flat Breads	Roast Beef & Yorkshire Pudding	Fish & Chips.
Meal Deals Meal & Pudding £2.30 *Vegetarian Dish	Meatballs & Pasta Quiche* Potato Wedges Choice of Seasonal Vegetables	Sweet & Sour Chicken Stir Fry Vegetables* Sweet Potato Wedges Choice of Seasonal Vegetables	Chicken Enchiladas Tomato Pasta* Herby Potato Cubes Choice of Seasonal Vegetables	Roast Potatoes Vegetable Quiche* Cauliflower Cheese* Choice of Seasonal Vegetables	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	Fruit Crumble & Custard	Wellington Fudge & Custard	Fruit Sponge & 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