

## Buzz Bar Week 1 - Monday 6<sup>th</sup> January. Monday 10<sup>th</sup> February. Monday 23<sup>rd</sup> March 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals Meal Deals Meal & Pudding £2.40 *Vegetarian Dish	Beef Chilli Served with Rice or Nachos Bean Chilli * Quiche *  Seasonal Vegetables Sauté Potatoes	Szechuan Chicken Served with Noodles Szechuan Vegetables * Meatballs in Tomato Sauce & Pasta Seasonal Vegetables Herby Potato Cubes	Chicken Rogan Josh Carbanara Macaroni Cheese*  Seasonal Vegetables Sweet Potato Wedges	Sausages Quorn Sausages* Mash Potato & Gravy Salmon Pasta Bake Quiche* Seasonal Vegetables	Friday Boxed Meal Deal £2.00 Zinger Burger Battered Fish Fish Cakes Served with Wedges
Wok Pots £1.90	Meal in a Pot served every day Kormas, Tikka, Balti, Rogan Josh, Chilli served with Rice, Pasta or Potato Dishes. Different Choices Vegetarian options*				
Jacket Potato 70p- £1.80	Lincolnshire Slow Cooked Jacket Potatoes served with a choice of Curries, Beans, Cheese, Coleslaw & Tuna				
Love Joes Wraps £1.90	Wraps served in many ways-Rolled Hot Wraps with Curry & Rice. Fresh Chicken in BBQ, Chinese Plum, Tomato Twist Marinade				
Pasta King £1.40- £2.30	Hot Fresh Pasta served with a choice of Sauces including Vegetarian & Cheese Served Break and Lunch				
Hot Snacks 70p- £1.90	Filled assorted Panini, Cheese & Bacon Bagels, Pizzas Assorted Flavours, Bacon Roll, Flat Breads				
Puddings 95p	Apple Pie & Custard	Syrup Sponge & Custard	Cherry Crumble Custard	Bakewell Tart Custard	Hot Pudding Custard
Cold Snacks 70p- £1.90	A selection of freshly made Sandwiches, Wraps, Baguettes, Filled Rolls, Vegetable Snack Pots, Pasta Pots with Chicken & Mayonnaise/ Tomato/Tuna Mayonnaise				
Salad Bar £1.40- £1.90	Fill your box with a choice of homemade salads- Coleslaws, Pasta Salads, Green Salad and many more				
Snacking Pots 75p-£1.90	Choice of Seasonal fruits, Yoghurts, Jelly, Vegetable Snacking Pots & Dips. Served in takeaway packaging				

**Your Buzz Bar at LCHS!**

**If you have food allergies or intolerances, please speak to our Buzz Bar Staff**