

Buzz Bar Week 3- Monday 20th January. Monday 2nd March 2020.

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