

Buzz Bar Gluten Free Menu.

Menu Below shows Gluten Free Foods available for pre order.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
All Gluten Free Main Meal PO= pre order *Vegetarian	Spanish Tortilla* Potato Wedges Choice of Seasonal Vegetables	Sausages / Meat Balls Sweet Potato Wedges Choice of Seasonal Vegetables	Curry Day Herby Potato Cubes Choice of Seasonal Vegetables	Roast Dinner Day Choice of Seasonal Vegetables	Salmon Fish Cakes Chips. Mushy Peas
Wok Pots £1.30	Different Choices every day Korma, Tikka, Balti, Rogan Josh, Jalfrezi,				
Jacket Potato 50p- £1.00	Jacket Potatoes served with a choice of Curries, Beans, Cheese, Coleslaw & Tuna				
Pasta King £1.60- £2.00	Hot Fresh Pasta(PO) served with a choice of Sauces including Vegetarian & Cheese. Arriabatta, Basilico, Pomadora, Tomato & Mascaponi, Chicken Balti, Smoky Pepperoni, Sweet Sour.				
Cold Snacks 70p- £1.60	A selection of freshly made Sub Rolls(PO), Vegetable Snack Pots, Pasta Pots with Chicken & Mayonnaise, Tomato and Tuna Mayonnaise. Nairn crackers & Cheese				
Salad Bar £1.00- £1.50	Fill your box with a choice of homemade salads- Coleslaws, Pasta Salads, Green Salad and many more.				
Puddings	Ubley Yoghurts, Activia Yoghurts				

Your Buzz Bar at LCHS!

Food Allergies & Intolerance please speak to our Buzz Bar Staff