

Cams Food Court

BREAK Menu

Monday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Tuesday



Bacon Baguette
Jumbo Sausage Baguette
Breakfast Wrap

Wednesday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Thursday



Bacon Baguette
Jumbo Sausage Baguette
Breakfast Wrap

Friday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Monday

Sticky BBQ Chicken with Herby Diced Potato & Corn Cobettes



Macaroni Cheese with Salad & Garlic Bread

Sausage Roll or Vegan Sausage Roll

Meal Deal Includes a 80p Biscuit/Fruit or Cake

American style Hotdog in a Sub Roll



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Tuesday

All Day Breakfast



Singapore Veggie Noodles with Prawn Crackers

Chicken & Ham Pasty

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Pizza Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Wednesday

Roast Dinner of the day



Lasagne with Garlic Bread & Salad

Cheese & Onion Lattice

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Cheese & Ham Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Thursday

Chicken Korma with Rice & Poppadum



Shepherds Pie with Mash, Carrots & Broccoli

Vegetable Samosa with Braised Rice & Curry Sauce

Meal Deal Includes a 80p Biscuit/Fruit or Cake

BBQ Chicken Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Friday

Battered Fish Goujons & Chips with Mushy Peas



Chicken Enchilada

Beanburger in a Salad Bap, Oven Chips & Baked Beans

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Pepperoni Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Allergen Guide Week 2

Traffic Light System

Monday									
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sticky BBQ Chicken	Green	Green	Green	Green	Red	Green	Green	Green	Green
Macaroni Cheese	Green	Red	Green	Green	Red	Green	Green	Red	Green
Sausage Roll	Green	Red	Green	Red	Red	Green	Yellow	Red	Green
Vegan Sausage Roll	Green	Yellow	Green	Red	Green	Green	Green	Red	Green
American style Hotdog in a Sub Roll	Yellow	Red	Green	Red	Green	Green	Green	Red	Green
Tuesday									
All Day Breakfast <small>Gluten free option available</small>	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Singapore Veggie Noodles	Green	Green	Green	Red	Green	Green	Green	Red	Red
Chicken & Ham Pasty	Green	Red	Green	Red	Red	Red	Yellow	Red	Green
Pizza Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow
Wednesday									
Roast Dinner of the day	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Lasagne	Green	Red	Green	Yellow	Red	Green	Green	Red	Green
Cheese & Onion Lattice	Green	Red	Green	Red	Red	Green	Yellow	Red	Green
Cheese & Ham Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow
Thursday									
Chicken Korma	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Shepherds Pie	Green	Red	Green	Green	Green	Green	Green	Green	Green
Vegetable Samosa & Curry Sauce	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Red	Green
BBQ Chicken & Cheese Panini	Green	Red	Green	Green	Red	Green	Green	Red	Yellow
Friday									
Battered Fish Goujons	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Enchilada	Green	Red	Green	Green	Green	Green	Green	Red	Green
Beanburger in a Salad Bap	Green	Green	Green	Green	Green	Green	Green	Red	Yellow
Pepperoni Pizza Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow

Gluten free options are available on a daily basis please speak to a member of staff for more info

Contains this ingredient

May contain Traces

Free from this ingredient

Corn Cobettes									
Sweetcorn									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Baguette									
Gravy/Onion Gravy									
Contains this ingredient									
May contain Traces									
Free from this ingredient									