

Cams Food Court

Menu Week 3

Monday

Chicken Katsu Curry with Rice

Pesto Pasta 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

BBQ Sausage Pasta with Salad & Garlic Bread

Yaki Soba 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

Hunters Chicken with Oven Chips & Salad

Italian Style Meatballs with Pasta & Garlic Bread

Cheese & Onion Lattice

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Cheese & Ham Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Thursday

Sweet & Sour Chicken with Rice & Prawn Crackers

Beef & Vegetable Pie with Mash, Carrots & Broccoli

Vegetable Spring Rolls with Braised Rice & Sweet Chilli Sauce

Meal Deal Includes a 80p Biscuit/Fruit or Cake

BBQ Chicken & Cheese Panini



Fresh filled Sandwiches, Wraps & Jacket Potatoes

Friday

Culture Theme Day!!



Pepperoni Panini

Fresh filled Sandwiches, Wraps & Jacket Potatoes

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

Allergen Guide Week 3

Traffic Light System

Monday									
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Katsu Curry				Red				Red	
Pesto Pasta		Red						Red	
Sausage Roll		Red		Red	Red		Yellow	Red	
Vegan Sausage Roll		Yellow		Red				Red	
American style Hotdog in a Sub Roll	Yellow	Red		Red				Red	
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
BBQ Sausage Pasta				Yellow	Red			Red	
Yaki Soba Veggie Noodles				Red			Yellow	Red	Red
Chicken & Ham Pasty		Red		Red	Red	Red	Yellow	Red	
Pizza Panini		Red						Red	Yellow
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Hunters Chicken		Red			Red				
Italian Style Meatballs									
Cheese & Onion Lattice		Red		Red	Red		Yellow	Red	
Cheese & Ham Panini		Red						Red	Yellow
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sweet & Sour Chicken						Red			
Beef & Vegetable Pie <small>Gluten free option available</small>								Red	
Spring Rolls & Sweet Chilli Sauce	Red	Red		Red		Red	Yellow	Red	Yellow
BBQ Chicken & Cheese Panini		Red			Red			Red	Yellow
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Culture Theme Day!!									
Allergen sheets will be available on the day at the counter									

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

Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Wedges									
Chips									
Jacket Potato									
New Potato									
Herby Diced Potato									
Roast Potato									
Mashed Potato									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Pasta									
Braised Rice									
Rice									
Egg Fried Rice									
Cous Cous									
Mixed Salad									
Coleslaw									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Stuffing									
Poppadum									
Prawn Crackers									
Garlic Bread									
Baked Beans									
Mushy Peas									
Peas									
Broccoli									
Carrots									
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									