

Cams Food Court

Menu Week 1



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes

Monday



Southern Baked Chicken with Herby Diced Potato & Corn Cobettes
Tomato & Basil Pasta with Salad & Garlic Bread
Sausage Roll or Vegan Sausage Roll

Meal Deal Includes a 90p Biscuit/Fruit or Cake

American style Hotdog in a Sub Roll



Tuesday



Local Sausage with Mash, Peas & Onion Gravy
Sweet Chilli Veggie Noodles with Prawn Crackers
Chicken & Ham Pasty

Meal Deal Includes a 90p Biscuit/Fruit or Cake

American Burger & Super Sides



Wednesday



Chicken Kebab with Salad Pitta
Pasta Bolognese with Garlic Bread
Cheese & Onion Lattice

Meal Deal Includes a 90p Biscuit/Fruit or Cake

Cheese & Ham Panini



Thursday



Chicken Biryani & Poppadum
Mince Beef & Vegetable Pie with Mash Potato & Broccoli
Vegetable Spring Rolls with Braised Rice & Sweet Chilli Sauce

Meal Deal Includes a 90p Biscuit/Fruit or Cake

BBQ Chicken & Cheese Panini



Friday



Cod Fishcake & Chips with Mushy Peas
Chilli Beef Quesadilla
Beanburger in a Salad Bap, Oven Chips & Baked Beans

Meal Deal Includes a 90p Biscuit/Fruit or Cake

Pepperoni Panini



All dishes with this label include locally sourced meat

Cams Food Court

Hot Food 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 1

Traffic Light System

Monday									
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Southern Baked Chicken <small>Gluten free option available</small>	Red	Green	Green	Green	Green	Green	Green	Red	Green
Tomato & Basil Pasta	Green	Green	Green	Green	Green	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									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sausage	Green	Green	Green	Green	Green	Green	Green	Red	Green
Sweet Chilli Veggie Noodles	Green	Green	Green	Red	Green	Green	Yellow	Red	Yellow
Chicken & Ham Pasty	Green	Red	Green	Red	Red	Red	Yellow	Red	Green
Pizza Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Kebab with Salad Pitta	Green	Yellow	Green	Yellow	Green	Green	Green	Red	Green
Bolognese Sauce	Green	Green	Green	Green	Green	Green	Green	Green	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									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Biryani & Poppadum	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Green
Mince Beef & Vegetable Pie <small>Gluten free option available</small>	Green	Green	Green	Green	Green	Green	Green	Red	Green
Spring Rolls & Sweet Chilli Sauce	Red	Red	Green	Red	Green	Red	Yellow	Red	Yellow
BBQ Chicken & Cheese Panini	Green	Red	Green	Green	Red	Green	Green	Red	Yellow
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Cod Fishcake	Green	Green	Red	Green	Green	Green	Green	Red	Green
Chilli Beef Quesadilla <small>Gluten free option available</small>	Green	Red	Green	Green	Red	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

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									