

Cams Food Court

Menu Week 2



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes



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



Tuesday

All Day Breakfast
Singapore Veggie Noodles with Prawn Crackers
Chicken & Ham Pasty



American Burger & Super Sides



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



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 & Cheese Panini



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



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 2

Traffic Light System

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

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									