

# Cams Food Court

Menu Week 3



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes

## 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**



## Tuesday



**BBQ Sausage Pasta with Salad & Garlic Bread**  
**Yaki Soba Veggie Noodles with Prawn Crackers**  
**Chicken & Ham Pasty**



**American Burger & Super Sides**



## 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**



## 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**



## Friday



**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 3

# Traffic Light System

Monday									
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Katsu Curry				Contains this ingredient				Contains this ingredient	
Pesto Pasta		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
BBQ Sausage Pasta				May contain Traces	Contains this ingredient			Contains this ingredient	
Yaki Soba Veggie Noodles				Contains this ingredient			May contain Traces	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
Hunters Chicken		Contains this ingredient			Contains this ingredient				
Italian Style Meatballs									
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
Sweet & Sour Chicken						Contains this ingredient			
Beef & Vegetable Pie <small>Gluten free option available</small>								Contains this ingredient	
Spring Rolls & Sweet Chilli Sauce	Contains this ingredient	Contains this ingredient		Contains this ingredient		Contains this ingredient	May contain Traces	Contains this ingredient	May contain Traces
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

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

<b>Allergen Guide</b>	<b>Egg</b>	<b>Milk</b>	<b>Fish</b>	<b>Soya</b>	<b>Mustard</b>	<b>Celery</b>	<b>Nuts</b>	<b>Gluten</b>	<b>Sesame</b>
Wedges									
Chips									
Jacket Potato									
New Potato									
Herby Diced Potato									
Roast Potato									
Mashed Potato									
<b>Egg</b>	<b>Milk</b>	<b>Fish</b>	<b>Soya</b>	<b>Mustard</b>	<b>Celery</b>	<b>Nuts</b>	<b>Gluten</b>	<b>Sesame</b>	
Pasta									
Braised Rice									
Rice									
Egg Fried Rice									
Cous Cous									
Mixed Salad									
Coleslaw									
<b>Egg</b>	<b>Milk</b>	<b>Fish</b>	<b>Soya</b>	<b>Mustard</b>	<b>Celery</b>	<b>Nuts</b>	<b>Gluten</b>	<b>Sesame</b>	
Stuffing									
Poppadum									
Prawn Crackers									
Garlic Bread									
Baked Beans									
Mushy Peas									
Peas									
Broccoli									
Carrots									
Corn Cobettes									
Sweetcorn									
<b>Egg</b>	<b>Milk</b>	<b>Fish</b>	<b>Soya</b>	<b>Mustard</b>	<b>Celery</b>	<b>Nuts</b>	<b>Gluten</b>	<b>Sesame</b>	
Baguette									
Gravy/Onion Gravy									
Contains this ingredient									
May contain Traces									
Free from this ingredient									