

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

World Food Day

Includes our full taster tray so you can try it all....

Pepperoni Panini



All dishes with this label include locally sourced meat

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				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
World Food 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

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