

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

Cams Food Court

Menu Week 1



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes

Monday



Southern Fried Chicken Goujons with Baked Diced Potato & Salad (NEW)

Tomato & Herb 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



BBQ Chicken Wrap (NEW)

Pasta Bolognese with Garlic Bread

Cheese & Tomato Turnover (NEW)

Meal Deal Includes a 90p Biscuit/Fruit or Cake

Cheese & Ham Panini



Thursday



Chicken Biryani & Poppadum

Cottage Pie (NEW)

Vegetable Spring Rolls with Braised Rice & Sweet Chilli Sauce

Meal Deal Includes a 90p Biscuit/Fruit or Cake

BBQ Chicken & Cheese Panini



Friday

Weather dependant...BBQ DAY

Or

Jumbo Cod Fish Finger in a Bun, Chips with Mushy Peas (NEW)

Chilli Beef Quesadilla

Meal Deal Includes a 90p Biscuit/Fruit or Cake

Pepperoni Panini

NEW Summer Additions/New Recipes



All dishes with this label include locally sourced meat

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									

Allergen Guide Week 1

Traffic Light System

Monday									
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Southern Fried Chicken Goujons (GF)									
Tomato & Herb Pasta									
Sausage Roll									
Vegan Sausage Roll									
American style Hotdog in a Sub Roll									
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sausage									
Sweet Chilli Veggie Noodles									
Chicken & Ham Pasty									
Pizza Panini									
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
BBQ Chicken Wrap									
Bolognese Sauce									
Cheese & Tomato Turnover									
Cheese & Ham Panini									
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Biryani & Poppadum									
Cottage Pie									
Spring Rolls & Sweet Chilli Sauce									
BBQ Chicken & Cheese Panini									
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Fish Finger Bun									
Chilli Beef Quesadilla <small>Gluten free option available</small>									
Pepperoni Pizza Panini									

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