

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 2



Available daily- Fresh filled Rolls, Sandwiches, Wraps & Jacket Potatoes



Monday

**Italian Crispy Chicken with Garlic & Thyme Potato
Tomato & Basil Pasta with Garlic Dough Ball & Salad
Sausage Roll**

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake

American Burger & Super Sides



Tuesday

**Chicken Mukhani (Creamy Coconut Curry) with Rice & Naan
Lamb Sausage with Mash, Minted Peas, & Gravy
Vegi Pakora with Rice & Curry Sauce**

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



Wednesday

**Chicken Roast Dinner inc. Roast Potato's/Yorkshire Pudding/Seasonal Vegetables/Gravy
Beef Lasagne with Garlic Bread & Salad
Quorn Roast Dinner**

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



Thursday

**Pizza with Pasta Salad & Mixed Green Leaf
Smokey BBQ Pulled Pork Wrap
Vegi Pizza with Pasta Salad & Mixed Green Leaf**

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



Friday

**Fish Fingers with Chips & Mushy Peas
Chicken Alfredo Pasta with Garlic Dough Ball & Salad
Spanish Tortilla with Pasta Salad & Mixed Green Leaf**

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



All dishes with this label include locally sourced meat or eggs

Allergen Guide Week 2

Traffic Light System

Monday									
Main Options only- See sides for side dish Options/Allergens									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Italian Crispy Chicken	Free	Free	Free	Free	Free	Free	Free	Contains	Free
Tomato & Basil Pasta	Free	Free	Free	Trace	Trace	Free	Free	Contains	Free
Sausage Roll	Free	Contains	Free	Contains	Contains	Free	Trace	Contains	Free
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Mukhani (Creamy Coconut Curry)	Free	Contains	Free	Free	Free	Free	Free	Free	Free
Lamb Sausage & Gravy	Free	Free	Free	Free	Free	Free	Free	Free	Free
Vegi Pakora & Curry Sauce	Trace	Trace	Free	Trace	Trace	Trace	Free	Trace	Free
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken & Gravy	Free	Free	Free	Free	Free	Free	Free	Free	Free
Beef Lasagne	Free	Contains	Free	Trace	Contains	Free	Free	Contains	Free
Quorn Roast Dinner	Contains	Contains	Free	Free	Free	Free	Free	Free	Free
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pizza	Trace	Contains	Free	Free	Free	Free	Free	Contains	Free
Smokey BBQ Pulled Pork Wrap	Free	Free	Free	Free	Free	Free	Free	Contains	Free
Vegi Pizza	Trace	Contains	Free	Free	Free	Free	Free	Contains	Free
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Fish Fingers	Free	Free	Contains	Free	Free	Free	Free	Contains	Free
Chicken Alfredo Pasta	Free	Contains	Free	Trace	Contains	Free	Free	Contains	Free
Spanish Tortilla	Contains	Contains	Free	Free	Free	Free	Free	Free	Free

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									
Garlic & Thyme Potatoes									
Roast Potato									
Mashed Potato									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Pasta									
Pasta Salad									
Turmeric Rice									
Rice									
Mixed Salad									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Naan Bread									
Garlic Bread									
Yorkshie Pudding									
Baked Beans									
Mushy Peas									
Peas									
Broccoli									
Carrots									
Corn Cobettes									
Sweetcorn									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Baguette									
Contains this ingredient									
May contain Traces									
Free from this ingredient									