

# 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



## Pizza Panini

## 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



## Pizza Panini



## 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



## Ham & Cheese Panini



## Friday



## BBQ Friday....

**Beef Burger**  
**Veggie Burger + GF Burger**  
**Jumbo Sausage Baguette**

All served with a selection of salads and a lolly



**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									
Tomato & Basil Pasta									
Sausage Roll									
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Mukhani (Creamy Coconut Curry)									
Lamb Sausage & Gravy									
Vegi Pakora & Curry Sauce									
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken & Gravy									
Beef Lasagne									
Quorn Roast Dinner									
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pizza									
Smokey BBQ Pulled Pork Wrap									
Vegi Pizza									
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Beef Burger and Bun									
Jumbo Sausage Baguette									
Veggie Burger									
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									