

# Cams Food Court

## 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**

# Cams Food Court

Menu Week 3



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



## Monday

**New Yorker Crispy Chicken with Garlic & Thyme Potato**  
**Arabiatta Pasta Bake with Garlic Dough Ball & Salad**  
**Sausage Roll**

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

**American Burger & Super Sides**



## Tuesday

**Thai Red Chicken Curry with Jasmine Rice**  
**Beef & Tomato Sausage Sweet Potato Casserole**  
**Vegi Samosa's with Rice & Curry Sauce**

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



## Wednesday

**Gammon Roast Dinner inc. Roast Potato's/Yorkshire Pudding/Carrots/Broccoli/Gravy**  
**Beef Meatballs in a Tomato Sauce with Pasta, 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**  
**Pulled Pork Fajita Wrap with Chips & Sweetcorn**  
**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 3

## Traffic Light System

### Monday

Main Options only- See sides for side dish Options/Allergens

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
New Yorker Crispy Chicken									
Arabiatta Pasta Bake									
Sausage Roll									

### Tuesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Thai Red Chicken Curry with Jasmine Rice									
Beef & Tomato Sausage Sweet Potato Casserole									
Vegi Samosa's & Curry Sauce									

### Wednesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Roast Gammon & Gravy									
Beef Meatballs in a Tomato Sauce									
Quorn Roast Dinner									

### Thursday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pizza									
Pulled Pork Fajita 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									