

Cams Food Court

Menu Week 3



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

Monday

Bank Holiday Monday



Tuesday

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



Wednesday

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



Pizza Panini



Thursday

V.E day celebration lunch

MENU

(a) BBQ- Burgers, Hotdogs, Salads, Lollies

(b) Afternoon tea- Sandwiches, Sausage Rolls, Crisps, Scone & Cup of Tea



Friday

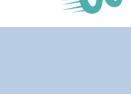
Gammon Roast Dinner inc. Roast Potato's/Yorkshire Pudding/Carrots/Broccoli/Gravy
Beef Meatballs in a Tomato Sauce with Pasta, Garlic Bread, & Salad
Quorn Roast Dinner

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

Pizza Panini



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
Bank Holiday Monday									
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
New Yorker Crispy Chicken									
Arabiatta Pasta Bake									
Sausage Roll									
Wednesday									
	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									
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
V.E Celebration									
Allergens will be provided on the day									
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Roast Gammon & Gravy									
Beef Meatballs in a Tomato Sauce									
Quorn Roast Dinner									
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									