



# 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

**BBQ Friday....**

**Beef Burger**

**Veggie Burger + GF Burger**

**Jumbo Sausage Baguette**

All served with a selection of salads and a lolly



## 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

**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
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
Beef Burger and Bun									
Jumbo Sausage Baguette									
Veggie Burger									
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
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