Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Recipe notes
BBQ Wedges										l '
Oven Chips										
Jacket Potato										
Herby Potato										
Roast Potato										Phase/Salt/Pepper
Bubble & Squeak Mash										Phase/Salt/Pepper/Grated Carrots/Broccoli/Spring Onions
Cheddar Mashed Potato										Phase/Salt/Pepper
Vegetable Fried Rice										Sesame Oil/Grated Carrots/Broccoli/Spring Onions
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Naan Bread										
Yorkshie Pudding										
Baked Beans										
Side Salad										
Sweetcorn										Phase
Corn on the Cob										Phase
Seasonal Vegetables										Phase
Green Beans										Phase
Peas										Phase
Salsa										
Guacamole										
Sour Cream										
Chip Shop Curry Sauce										
Gravy										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Baguette										

Contains this ingredient
May contain Traces
Free from this ingredient

# Cams Food Court

Menu Weel

Made your way- Fresh filled Baquettes, Sandwiches, Wraps & Salads

Weekly specials- Prepared/Cooked to order

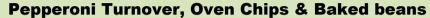
Mains- Pick your sides & dessert (suggested sides are optional)





Toad in the Hole, Cheddar Mash, Peas & Gravy

Vegetarian Toad in the Hole, Cheddar Mash, Green Beans & Gravy

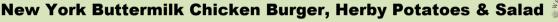


£3.25 Meal Deal Includes self serve Salad and £1 Fruit/Biscuit/Cake

Sausage Roll



## **Tuesday**





£3.25 Meal Deal Includes self serve Salad and £1 Fruit/Biscuit/Cake

**Jumbo Ham Melt** 



**Pasta Toppers Pod** 



#### Wednesday

#### Roast Gammon, Yorkshire Pudding, Roast Potato & Seasonal Vegetables



**Beef Steak Hot Pot & Seasonal Vegetables** 

£3.25 Meal Deal Includes self serve Salad and £1 Fruit/Biscuit/Cake

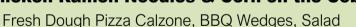
Jumbo Pizza Melt

Mains



#### **Thursday**

## Chicken Ramen Noodles & Corn on the Cob



£3.25 Meal Deal Includes self serve Salad and £1 Fruit/Biscuit/Cake

**Jumbo Pepperoni Melt** 



**Pasta Toppers Pod** 



#### **Friday**

Freshly Battered.... Fish 'n' Chip Friday, Curry Sauce & Peas

Vegetarian Samosas, Curry Sauce, Vegetable Fried Rice

Jumbo Sausage, Chips, Curry Sauce & Peas

£3.25 Meal Deal Includes self serve Salad and £1 Fruit/Biscuit/Cake

**Jumbo Ham Melt** 



All dishes with this label include locally sourced meat or eggs









# Allergen Guide

# **Traffic Light System**

		Mc	onday							
Main Options	only- Se	e sides	for sic	le dish	Option	s/Aller	gens			
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Toad in the Hole										
Vegetarian Toad in the Hole										
Pepperoni Turnover										
		Tu	esday							
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
New York Buttermilk Chicken Burger										
Quorn Chilli Enchilada										
Pasta Toppers Pod	Please check the sign on the day for allergens									
		Wed	nesday	/						
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Roast Gammon										
Vegetarian Hot Pot										
Beef Steak Hot Pot										
		Thu	ırsday				_			
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Chicken Ramen Noodles										
Fresh Dough Pizza Calzone										
Pasta Toppers Pod	Please check the sign on the day for allergens									
		Fı	riday				•			
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Freshly Battered Fish										
Vegetarian Samosas										
Jumbo Sausage										
Gluten free options are avai					to a mem	ber of st	aff for n	nore info		
		Contains t	:his ingre ntain Tra							
	F	ree from								