

Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Recipe notes
BBQ Wedges										
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										
Yorkshire 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 Week 3

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



Weekly specials- Prepared/Cooked to order



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



Monday



Giant Sausage Roll Slice, Chips & Beans



Giant Chickpea, Spinach & Mushroom Sausage Roll, Chips & Beans

BBQ Chicken Turnover, Oven Chips & Salad

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

Sausage Roll



Tuesday



Katsu Buttermilk Chicken, Rice & Sweetcorn



Mixed Bean Chilli Nacho's, Salsa, Sour Cream, Guacamole & Salad

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

Jumbo Ham Melt



Pasta Toppers Pod



Wednesday



Roast Pork, Yorkshire Pudding, Roast Potato & Seasonal Vegetables



Quorn Roast, Yorkshire Pudding, Roast Potato & Seasonal Vegetables

Chicken & Sweetcorn Pie, Roast Potato & Seasonal Vegetables



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

Jumbo Pizza Melt



Thursday



Sweet & Sour Chicken Balls, Vegetable Fried Rice & Corn on the Cob



Fresh Dough Margherita Pizza, BBQ Wedges, Salad

£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

Monday

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

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Giant Sausage Roll Slice										
Giant Chickpea, Spinach & Mushroom Sausage Roll										
BBQ Chicken Turnover										

Tuesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Buttermilk Chicken + Katsu Sauce										
Mixed Bean Chilli Nacho's										
Pasta Toppers Pod	Please check the sign on the day for allergens									

Wednesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Roast Pork										
Quorn Roast in Gravy										
Chicken & Sweetcorn Pie										

Thursday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Sweet & Sour Chicken Balls										
Fresh Dough Margherita Pizza										
Pasta Toppers Pod	Please check the sign on the day for allergens									

Friday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Freshly Battered.... Fish										
Vegetarian Samosas										
Jumbo Sausage										

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