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										

								Phase
								Phase
/lilk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
								-
Contai	ns this i	ngredi	ient					
May	contain	Trace	S					
ree fro	om this	ingred	lient					

Cams Food Court

Menu Week 3

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

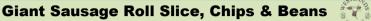
Weekly specials- Prepared/Cooked to order

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



Mains





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

Mains



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

Mains

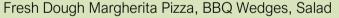
Mains



Thursday

Sweet & Sour Chicken Balls, Vegetable Fried Rice & 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

		M	londay							
Main Options	only- So	ee side	s for si	de dis	h Option	ıs/Alleı	rgens			
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Giant Sausage Roll Slice										
Giant Chickpea, Spinach & Mushroom Sausage Roll										
BBQ Chicken Turnover										
		Tu	ıesday							
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Buttermilk Chicken + Katsu Sauce										
Mixed Bean Chilli Nacho's										
Pasta Toppers Pod			Pleas	e chec	k the si	gn on t	the da	y for all	lergens	
		We	dnesda	y						
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Roast Pork										
Quorn Roast in Gravy										
Chicken & Sweetcorn Pie										
		Th	ursday	1						
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Sweet & Sour Chicken Balls										
Fresh Dough Margherita Pizza										
Pasta Toppers Pod			Pleas	e chec	k the si	gn on t	the da	y for all	lergens	
		F	riday			_	,			
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Freshly Battered Fish										
Vegetarian Samosas										
Jumbo Sausage										
Gluten free options are avail					k to a men	nber of s	taff for	more info		
		Contains	this ingre ontain Tr							
		Free from								