

Cams Food Court



Menu Week 2

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



Toad in the Hole, Cheddar Mash, Peas & Gravy

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

Pepperoni Turnover, Oven Chips & Baked beans



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

Sausage Roll



Tuesday



New York Buttermilk Chicken Burger, Herby Potatoes & Salad

Quorn Chilli Enchilada, Salsa, Sour Cream & Salad



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

Jumbo Ham Melt



Pasta Toppers Pod



Wednesday

No food available today

Thursday



Chicken Ramen Noodles & Corn on the Cob

Fresh Dough Pizza Calzone, 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	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

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
Toad in the Hole Vegetarian Toad in the Hole Pepperoni Turnover										
Tuesday										
	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									
Wednesday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Roast Gammon Vegetarian Hot Pot Beef Steak Hot Pot										
Thursday										
	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									
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										