

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



Roast Gammon, Yorkshire Pudding, Roast Potato & Seasonal Vegetables

Vegetarian Hot Pot, 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



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



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									

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

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