

# Cams Food Court



Menu Week 1

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

### **Duo of Sausage, Bubble and Squeak Mash, Green Beans & Gravy**



Vegetarian Sausage, Bubble and Squeak Mash, Green Beans & Gravy

### **Bacon Turnover, Oven Chips & Baked beans**

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

### **Sausage Roll**



## Tuesday

### **Southern Fried Buttermilk Chicken, Herby Potatoes & Salad**



Quorn Mince Quesadilla, 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 Turkey, Yorkshire Pudding, Roast Potato & Seasonal Vegetables**



Quorn Roast, Yorkshire Pudding, Roast Potato & Seasonal Vegetables

### **Shepherds Pie & Seasonal Vegetables**



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

### **Jumbo Pizza Melt**



## Thursday

### **Chicken Korma, Rice & Naan Bread**



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

**Inset no lunch served**



All dishes with this label include locally sourced meat or eggs

Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
BBQ Wedges									
Oven Chips									
Jacket Potato									
Herby Potato		Yellow				Yellow			
Roast Potato									
Bubble & Squeak Mash									
Cheddar Mashed Potato	Green	Red							
Vegetable Fried Rice									Red
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Naan Bread								Red	
Yorkshire Pudding	Red	Red						Red	
Baked Beans									
Side Salad									
Sweetcorn									
Corn on the Cob									
Seasonal Vegetables									
Green Beans									
Peas									
Salsa									
Guacamole	Green	Red						Red	
Sour Cream	Green	Red							
Chip Shop Curry Sauce	Yellow	Yellow		Yellow	Yellow			Yellow	
Gravy									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Baguette								Red	Yellow

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
<b>Duo of Sausage (Pork &amp; Leek/Pork &amp; Apple)</b>  Vegetarian Sausage  <b>Bacon Turnover</b>										

### Tuesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
<b>Southern Fried Buttermilk Chicken</b>  Quorn Mince Quesadilla  <b>Pasta Toppers Pod</b>										

Please check the sign on the day for allergens

### Wednesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
<b>Roast Turkey</b>  Quorn Roast in Gravy  <b>Shepherds Pie</b>										

### Thursday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
<b>Chicken Korma</b>  Fresh Dough Margherita Pizza  <b>Pasta Toppers Pod</b>										

Please check the sign on the day for allergens

### Friday

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

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