

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

Mains



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

Mains



Pasta Toppers Pod



Friday

No food today



All dishes with this label include locally sourced meat or eggs

Allergen Guide

Traffic Light System

| Allergen Guide | Egg | Milk | Fish | Soya | Mustard | Celery | Nuts | Gluten | Sesame | Recipe notes |
|-----------------------|--------|--------|------|--------|---------|--------|------|--------|--------|---|
| BBQ Wedges | | | | | | | | | | |
| Oven Chips | | | | | | | | | | |
| Jacket Potato | | | | | | | | | | |
| Herby Potato | | Yellow | | | | Yellow | | | | |
| Roast Potato | | | | | | | | | | Phase/Salt/Pepper |
| Bubble & Squeak Mash | | | | | | | | | | Phase/Salt/Pepper/Grated Carrots/Broccoli/Spring Onions |
| Cheddar Mashed Potato | | Red | | | | | | | | Phase/Salt/Pepper |
| Vegetable Fried Rice | | | | | | | | | Red | Sesame Oil/Grated Carrots/Broccoli/Spring Onions |
| | Egg | Milk | Fish | Soya | Mustard | Celery | Nuts | Gluten | Sesame | |
| Naan Bread | | | | | | | | Red | | |
| Yorkshire Pudding | Red | Red | | | | | | Red | | |
| Baked Beans | | | | | | | | | | |
| Side Salad | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | Phase |
| Corn on the Cob | | | | | | | | | | Phase |
| Seasonal Vegetables | | | | | | | | | | Phase |
| Green Beans | | | | | | | | | | Phase |
| Peas | | | | | | | | | | Phase |
| Salsa | | | | | | | | | | |
| Guacamole | | Red | | | | | | Red | | |
| Sour Cream | | 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