

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

£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



Thursday



Sweet & Sour Chicken Balls, Vegetable Fried Rice & Corn on the Cob



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

No food today



All dishes with this label include locally sourced meat or eggs

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 |
|---|-----|------|------|------|---------|--------|------|--------|--------|----------|
| Giant Sausage Roll Slice | | | | | | | | | | |
| Giant Chickpea, Spinach & Mushroom Sausage Roll | | | | | | | | | | |
| BBQ Chicken Turnover | | | | | | | | | | |

Tuesday

| | Egg | Milk | Fish | Soya | Mustard | Celery | Nuts | Gluten | Sesame | Sulphite |
|---|--|------|------|------|---------|--------|------|--------|--------|----------|
| Buttermilk Chicken + Katsu Sauce | | | | | | | | | | |
| Mixed Bean Chilli Nacho's | | | | | | | | | | |
| Pasta Toppers Pod | Please check the sign on the day for allergens | | | | | | | | | |

Wednesday

| | Egg | Milk | Fish | Soya | Mustard | Celery | Nuts | Gluten | Sesame | Sulphite |
|------------------------------------|-----|------|------|------|---------|--------|------|--------|--------|----------|
| Roast Pork | | | | | | | | | | |
| Quorn Roast in Gravy | | | | | | | | | | |
| Chicken & Sweetcorn Pie | | | | | | | | | | |

Thursday

| | Egg | Milk | Fish | Soya | Mustard | Celery | Nuts | Gluten | Sesame | Sulphite |
|---------------------------------------|--|------|------|------|---------|--------|------|--------|--------|----------|
| Sweet & Sour Chicken Balls | | | | | | | | | | |
| Fresh Dough Margherita Pizza | | | | | | | | | | |
| 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

| 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 |