

# 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

Inset day

### Tuesday

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



Fresh Dough Margherita Pizza, BBQ Wedges, Salad

Mains

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

**Jumbo Pepperoni Melt**



**Pasta Toppers Pod**



### Wednesday

**Roast Pork, Yorkshire Pudding, Roast Potato & Seasonal Vegetables**



Quorn Roast, Yorkshire Pudding, Roast Potato & Seasonal Vegetables

Mains

**Chicken & Sweetcorn Pie, Roast Potato & Seasonal Vegetables**



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

**Jumbo Pizza Melt**



### Thursday

**Katsu Buttermilk Chicken, Rice & Sweetcorn**



Mixed Bean Chilli Nacho's, Salsa, Sour Cream, Guacamole & Salad

Mains

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

**Jumbo Ham 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**

Mains

£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

# 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>Giant Sausage Roll Slice</b>	Red	Red	Green	Green	Green	Green	Green	Red	Green	Red
Giant Chickpea, Spinach & Mushroom Sausage Roll	Red	Red	Green	Green	Green	Green	Green	Red	Green	Green
<b>BBQ Chicken Turnover</b>	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green
Tuesday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
<b>Sweet &amp; Sour Chicken Balls</b>	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green
Fresh Dough Margherita Pizza	Green	Red	Green	Green	Green	Green	Yellow	Red	Yellow	Green
<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 Pork</b>	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Quorn Roast in Gravy	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green
<b>Chicken &amp; Sweetcorn Pie</b>	Red	Red	Green	Green	Green	Green	Green	Red	Green	Green
Thursday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
<b>Buttermilk Chicken + Katsu Sauce</b>	Red	Red	Green	Red	Green	Green	Green	Red	Green	Green
Mixed Bean Chilli Nacho's	Green	Red	Green	Green	Green	Green	Green	Yellow	Green	Green
<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>	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green
Vegetarian Samosas	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
<b>Jumbo Sausage</b>	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red
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										



**Contains this ingredient**

**May contain Traces**

**Free from this ingredient**

## **| Recipe notes**

Phase/Salt/Pepper

Phase/Salt/Pepper/Grated Carrots/Broccoli/Spring Onions

Phase/Salt/Pepper

Sesame Oil/Grated Carrots/Broccoli/Spring Onions

Phase

Phase

Phase

Phase

Phase

