

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

Bank holiday

Tuesday

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



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

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



Friday

Freshly Battered.... Fish 'n' Chip Friday, Curry Sauce & Peas

Vegetarian Samosas, Curry Sauce, Vegetable Fried Rice

Jumbo Sausage, Chips, Curry Sauce & Peas



£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	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

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	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
BBQ Chicken Turnover	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green

Tuesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Sweet & Sour Chicken Balls	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green
Fresh Dough Margherita Pizza	Green	Red	Green	Green	Green	Green	Yellow	Red	Yellow	Green
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	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Quorn Roast in Gravy	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green
Chicken & Sweetcorn Pie	Red	Red	Green	Green	Green	Green	Green	Red	Green	Green

Thursday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	Sulphite
Buttermilk Chicken + Katsu Sauce	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
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	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green
Vegetarian Samosas	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
Jumbo Sausage	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