## **Cams Food Court**

## Menu Week 1



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes

	Monday	
	Bank Holiday	
	Tuesday	
Mains	Local Sausage with Mash, Peas & Onion Gravy	
Mains	Sweet Chilli Veggie Noodles with Prawn Crackers	
	Chicken & Ham Pasty	
	Meal Deal Includes a 90p Biscuit/Fruit or Cake	
	American Burger & Super Sides	Graba
	Wednesday	60
Mains	Chicken Kebab with Salad Pitta	
Mains	Pasta Bolognese with Garlic Bread	
	Cheese & Onion Lattice	
	Meal Deal Includes a 90p Biscuit/Fruit or Cake	
	Cheese & Ham Panini	Graba
	Thursday	60
	Chicken Biryani & Poppadum	
Mains	Mince Beef & Vegetable Pie with Mash Potato & Broccoli	STLANDS
	Vegetable Spring Rolls with Braised Rice & Sweet Chilli Sauce	Ann sch 3
	Meal Deal Includes a 90p Biscuit/Fruit or Cake	
	BBQ Chicken & Cheese Panini	Grabs
	Friday	<b>G</b> 0
	Cod Fishcake & Chips with Mushy Peas	
Mains	Chilli Beef Quesadilla	
	Beanburger in a Salad Bap, Oven Chips & Baked Beans	
	Meal Deal Includes a 90p Biscuit/Fruit or Cake	
	Pepperoni Panini	Grab <sup>®</sup> Go
STLAN		
DS S	All dishes with this label include locally sourced meat	
ARM SHOP	•	

Canas	Food	Court							
VUITO	Lood		Hot Food BREAK Menu						
	_	Monday							
Que al b		acon Baguette							
Grab <sup>8</sup> Go	Jumbo Sausage Baguette								
	Bacon, Has	h Brown & Che	ese Muffin						
		Tuesday							
Grabs	Jumbo Sausage Baguette								
	Breakfast Wrap								
		Wednesday							
	B	acon Baguette							
Grabs	Jumbo Sausage Baguette								
200	Bacon, Hash Brown & Cheese Muffin								
		Thursday							
	B	acon Baguette							
Grabs	Jumbo Sausage Baguette								
300	E	Breakfast Wrap							
		Friday							
	B	acon Baguette							
Grab <sup>8</sup>	Jumbo Sausage Baguette								
<b>5</b> 0	Bacon, Has	h Brown & Che	ese Muffin						

## Allergen Guide Week 1

## Traffic Light System

	Γ	Nonday	7						
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
	Т	uesday	y						
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sausage									
Sweet Chilli Veggie Noodles									
Chicken & Ham Pasty									
Pizza Panini									
	We	dnesd	ay						
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Kebab with Salad Pitta									
Bolognese Sauce									
Cheese & Onion Lattice									
Cheese & Ham Panini									
	T	hursda	У		I	T			T
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Biryani & Poppadum									
Mince Beef & Vegetable Pie Gluten free option available									
Spring Rolls & Sweet Chilli Sauce									
BBQ Chicken & Cheese Panini									
	-	Friday							T
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Cod Fishcake									
Chilli Beef Quesadilla Gluten free option available									
Beanburger in a Salad Bap Bonnoroni Bizzo Bonini									
Pepperoni Pizza Panini Gluten free options are available on a	daily b	asis nlo	ase snoo	k to a m	ember of s	taff for •	nore inf		
	any N	100 PIC	ase spea						

Contains this ingredient								
May contain Traces								
Free from this ingredient								

Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Wedges									
Chips									
Jacket Potato									
New Potato									
Herby Diced Potato									
Roast Potato									
Mashed Potato									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pasta									
Braised Rice									
Rice									
Egg Fried Rice									
Cous Cous									
Mixed Salad									
Coleslaw									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Stuffing									
Poppadum									
Prawn Crackers									
Garlic Bread									
Baked Beans									
Mushy Peas									
Peas									
Broccoli									
Carrots									
Corn Cobettes									
Sweetcorn									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Baguette									
Gravy/Onion Gravy									
			ins this ing						
		Μαι	contain T	races					