

Cams Food Court

Menu Week 2



Available daily Fresh filled Sandwiches, Wraps & Jacket Potatoes

Monday



Chicken Goujons with Baked Diced Potato & Salad (NEW)

Macaroni Cheese with Salad & Garlic Bread

Sausage Roll or Vegan Sausage Roll

Meal Deal Includes a 80p Biscuit/Fruit or Cake

American style Hotdog in a Sub Roll



Tuesday



All Day Breakfast



Singapore Veggie Noodles with Prawn Crackers

Chicken Tikka Pasty (NEW)

American Burger & Super Sides



Wednesday



Roast Dinner of the day



Lasagne with Garlic Bread & Salad



Cheese & Tomato Turnover (NEW)

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Cheese & Ham Panini



Thursday



Chicken Korma with Rice & Poppadum



Shepherds Pie with Mash, Carrots & Broccoli



Vegetable Samosa with Braised Rice & Curry Sauce

Meal Deal Includes a 80p Biscuit/Fruit or Cake

BBQ Chicken & Cheese Panini



Friday



Jumbo Cod Fish Finger in a Bun, Chips with Mushy Peas (NEW)

Chicken Enchilada

Meal Deal Includes a 80p Biscuit/Fruit or Cake

Pepperoni Panini



NEW Summer Additions/New Recipes



All dishes with this label include locally sourced meat

Cams Food Court

BREAK Menu

Monday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Tuesday



Bacon Baguette
Jumbo Sausage Baguette
Breakfast Wrap

Wednesday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Thursday



Bacon Baguette
Jumbo Sausage Baguette
Breakfast Wrap

Friday



Bacon Baguette
Jumbo Sausage Baguette
Bacon, Hash Brown & Cheese Muffin

Allergen Guide Week 2

Traffic Light System

Monday										
Main Options only (See Sides)	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Chicken Goujons (GF)	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Macaroni Cheese	Green	Red	Green	Green	Red	Green	Green	Red	Green	Green
Sausage Roll	Green	Red	Green	Red	Red	Green	Yellow	Red	Green	Green
Vegan Sausage Roll	Green	Yellow	Green	Red	Green	Green	Green	Red	Green	Green
American style Hotdog in a Sub Roll	Yellow	Red	Green	Red	Green	Green	Green	Red	Green	Green
Tuesday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
All Day Breakfast <small>Gluten free option available</small>	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
Singapore Veggie Noodles	Green	Green	Green	Red	Green	Green	Green	Red	Red	Red
Chicken Tikka Pasty	Green	Red	Green	Red	Red	Red	Yellow	Red	Green	Green
Pizza Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow	Green
Wednesday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Roast Dinner of the day	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lasagne	Green	Red	Green	Yellow	Red	Green	Green	Red	Green	Green
Cheese & Tomato Turnover	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green
Cheese & Ham Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow	Green
Thursday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Chicken Korma	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green
Shepherds Pie	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green
Vegetable Samosa & Curry Sauce	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Red	Green	Green
BBQ Chicken & Cheese Panini	Green	Red	Green	Green	Red	Green	Green	Red	Yellow	Green
Friday										
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Fish Finger Bun	Green	Red	Red	Green	Red	Green	Green	Red	Yellow	Green
Chicken Enchilada	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green
	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pepperoni Pizza Panini	Green	Red	Green	Green	Green	Green	Green	Red	Yellow	Green
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
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									
Contains this ingredient									
May contain Traces									
Free from this ingredient									