

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

Cams Food Court

Menu Week 1



Available daily- Fresh filled Rolls, Sandwiches, Wraps & Jacket Potatoes



Monday

Crispy Chicken Katsu Curry served with Rice

Creamy Cheese & Bacon Macaroni Pasta with Garlic Dough Ball & Salad

Macaroni Cheese with Garlic Dough Ball & Salad

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake

American Burger & Super Sides



Tuesday

Chicken Tikka Masala with Rice & Naan Bread

BIG BREAKFAST inc. Bacon/Sausage/Hash Brown/Fried Bread/Beans/Plum Tomato

Curried Chicken Spring rolls with Rice & Curry Sauce

Vegan Sausage Roll

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



Wednesday

Pork Roast Dinner inc. Roast Potato's/Yorkshire Pudding/Seasonal Vegetables/Gravy

Pasta Bolognese with Garlic Bread & Salad

Quorn Roast Dinner

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



Thursday

Sour Dough Pizza with Pasta Salad & Mixed Green Leaf

Korean Style BBQ Pulled Pork Wrap

Vegi Pizza with Pasta Salad & Mixed Green Leaf

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake

Ham & Cheese Panini



Friday

Fish Fingers with Chips & Mushy Peas

Tomato & Mascarpone Pasta with Garlic Dough Ball & Salad

Spanish Tortilla with Pasta Salad & Mixed Green Leaf



Pizza Panini

Meal Deal Includes self serve Salad and 95p Biscuit/Fruit or Cake



All dishes with this label include locally sourced meat or eggs

Allergen Guide Week 1

Traffic Light System

Monday									
Main Options only- See sides for side dish Options/Allergens									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Crispy Chicken Katsu Curry				Red				Red	
Creamy Cheese & Bacon Macaroni Pasta		Red		Yellow	Red			Red	
Macaroni Cheese		Red		Yellow	Red			Red	
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Tikka Masala		Red			Yellow		Yellow		
Bacon/Sausage/Hash Brown/Fried Bread/Beans/Plum Tomato								Red	
Curried Chicken Spring rolls & Curry Sauce	Red	Red		Yellow	Red	Red		Red	
Vegan Sausage Roll		Yellow		Red				Red	
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pork Roast Dinner Meat & Gravy									
Pasta Bolognese				Yellow	Yellow			Red	
Quorn Roast Dinner Meat & Gravy	Red	Red							
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sour Dough Pizza	Yellow	Red						Red	
Korean Style BBQ Pulled Pork Wrap				Red				Red	
Vegi Pizza	Yellow	Red						Red	
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Fish Fingers			Red					Red	
Tomato & Mascarpone Pasta		Red		Yellow	Yellow			Red	
Spanish Tortilla	Red	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

Allergen Guide	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Wedges									
Chips									
Jacket Potato									
Garlic & Thyme Potatoes									
Roast Potato									
Mashed Potato									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pasta									
Pasta Salad									
Turmeric Rice									
Rice									
Jasmine Rice									
Mixed Salad									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Naan Bread									
Garlic Bread									
Yorkshie Pudding									
Baked Beans									
Mushy Peas									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Baguette									
Contains this ingredient									
May contain Traces									
Free from this ingredient									