

Cams Food Court

Menu Week 3



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



Monday

New Yorker Crispy Chicken with Garlic & Thyme Potato
Arabiatta Pasta Bake with Garlic Dough Ball & Salad
Sausage Roll

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

American Burger & Super Sides



Tuesday

Thai Red Chicken Curry with Jasmine Rice
Beef & Tomato Sausage Sweet Potato Casserole
Vegi Samosa's with Rice & Curry Sauce

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



Wednesday

Gammon Roast Dinner inc. Roast Potato's/Yorkshire Pudding/Carrots/Broccoli/Gravy
Beef Meatballs in a Tomato Sauce with Pasta, Garlic Bread, & Salad
Quorn Roast Dinner

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



Thursday

Pizza with Pasta Salad & Mixed Green Leaf
Pulled Pork Fajita Wrap with Chips & Sweetcorn
Vegi Pizza with Pasta Salad & Mixed Green Leaf

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



Friday

Fish Fingers with Chips & Mushy Peas
Spinach and Ricotta Tortellini Pasta with Garlic Dough Ball & Salad
Spanish Tortilla with Pasta Salad & Mixed Green Leaf

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 3

Traffic Light System

Monday									
Main Options only- See sides for side dish Options/Allergens									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
New Yorker Crispy Chicken	Green	Red	Green	Green	Green	Green	Green	Red	Green
Arabiatta Pasta Bake	Green	Green	Green	Yellow	Yellow	Green	Green	Red	Green
Sausage Roll	Green	Red	Green	Red	Red	Green	Yellow	Red	Green
Tuesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Thai Red Chicken Curry with Jasmine Rice	Green	Red	Green	Green	Green	Green	Green	Green	Green
Beef & Tomato Sausage Sweet Potato Casserole	Green	Green	Green	Green	Green	Green	Green	Green	Green
Vegi Samosa's & Curry Sauce	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Red	Green
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Roast Gammon & Gravy	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beef Meatballs in a Tomato Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green
Quorn Roast Dinner	Red	Red	Green	Green	Green	Green	Green	Green	Green
Thursday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pizza	Yellow	Red	Green	Green	Green	Green	Green	Red	Green
Pulled Pork Fajita Wrap	Green	Red	Green	Green	Green	Green	Green	Red	Green
Vegi Pizza	Yellow	Red	Green	Green	Green	Green	Green	Red	Green
Friday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Fish Fingers	Green	Green	Red	Green	Green	Green	Green	Red	Green
Spinach and Ricotta Tortellini Pasta	Red	Red	Green	Green	Green	Green	Green	Red	Green
Spanish Tortilla	Red	Red	Green	Green	Green	Green	Green	Green	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									
Garlic & Thyme Potatoes									
Roast Potato									
Mashed Potato									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Pasta									
Pasta Salad									
Turmeric Rice									
Rice									
Mixed Salad									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Naan Bread									
Garlic Bread									
Yorkshie Pudding									
Baked Beans									
Mushy Peas									
Peas									
Broccoli									
Carrots									
Corn Cobettes									
Sweetcorn									
Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame	
Baguette									
Contains this ingredient									
May contain Traces									
Free from this ingredient									