

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 2



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



Monday

Italian Crispy Chicken with Garlic & Thyme Potato
Tomato & Basil Pasta with Garlic Dough Ball & Salad
Sausage Roll

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

American Burger & Super Sides



Tuesday

Chicken Mukhani (Creamy Coconut Curry) with Rice & Naan
Lamb Sausage with Mash, Minted Peas, & Gravy
Vegi Pakora with Rice & Curry Sauce

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



Pizza Panini



Wednesday



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

Beef Lasagne with Garlic Bread & Salad
Quorn Roast Dinner

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



Pizza Panini



Thursday

Pizza with Pasta Salad & Mixed Green Leaf
Smokey 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

Inset day



All dishes with this label include locally sourced meat or eggs

Allergen Guide Week 2

Traffic Light System

Monday									
Main Options only- See sides for side dish Options/Allergens									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Italian Crispy Chicken	Green	Green	Green	Green	Green	Green	Green	Red	Green
Tomato & Basil Pasta	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
Chicken Mukhani (Creamy Coconut Curry)	Green	Red	Green	Green	Green	Green	Green	Green	Green
Lamb Sausage & Gravy	Green	Green	Green	Green	Green	Green	Green	Green	Green
Vegi Pakora & Curry Sauce	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Green
Wednesday									
	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken & Gravy	Green	Green	Green	Green	Green	Green	Green	Green	Green
Beef Lasagne	Green	Red	Green	Yellow	Red	Green	Green	Red	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
Smokey BBQ Pulled Pork Wrap	Green	Green	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

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									