

Cams Food Court

Menu Week 1



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

Monday

Inset Day

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



Pizza Panini



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



Pizza Panini



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
Inset Day									

Tuesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Chicken Tikka Masala									
Bacon/Sausage/Hash Brown/Fried Bread/Beans/Plum Tomato									
Curried Chicken Spring rolls & Curry Sauce									
Vegan Sausage Roll									

Wednesday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Pork Roast Dinner Meat & Gravy									
Pasta Bolognese									
Quorn Roast Dinner Meat & Gravy									

Thursday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Sour Dough Pizza									
Korean Style BBQ Pulled Pork Wrap									
Vegi Pizza									

Friday

	Egg	Milk	Fish	Soya	Mustard	Celery	Nuts	Gluten	Sesame
Fish Fingers									
Tomato & Mascarpone Pasta									
Spanish Tortilla									

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									

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