

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



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



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 |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

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 | | | | | | | | | |