

WEEKLY MENU - 02.09.2024

Jack's

WEEKLY SALADS

Caesar Salad

Mixed Grain
Tabbouleh

Sundried Tomato Orzo
Salad

Green Bean, Feta &
Almond Salad

Chopped Green Salad

Harissa Roasted
Squash & Kale

Toasted Cauliflower,
Spinach &
Pomegranate

WEEKLY SALAD
MAIN

Sweet & Sour Tofu
Skewers with Chilli
Dip

Grilled Satay Chicken
Thighs

Seared Beef Rup
with Salsa Verde

Harissa Baked
Salmon

Mushroom &
Mascarpone Tart

Chicken Kofte with
Tzatsiki

MONDAY

HOT MAIN

Sesame Tempah &
Broccoli
with Coconut Rice

TUESDAY

HOT MAIN

Pulled Smokey

Beef Taco - All

Fixtures

WEDNESDAY

HOT MAINS

Southern Fried

Chicken with

Coleslaw and Fries

THURSDAY

HOT MAINS

Chicken Massaman
& Sticky Jasmin Rice

FRIDAY

HOT MAIN

Grilled Seabream with
Ratatouille & Pesto Dressing

VEGGIE HOT MAIN

Falafel Bowl with
Tabbouleh and
Tzatsiki

VEGGIE HOT MAIN

Pulled Aubergine
Taco - All Fixtures

VEGGIE HOT MAIN

Cajun Breaded
Mushrooms with
Coleslaw and
Fries

VEGGIE HOT MAIN

Tempah Massaman
Curry & Sticky Jasmin
Rice

THE *good eating* CO.