

Jack's

WEEKLY MENU – 12.05.25

WEEKLY SALADS

Caesar Salad

Cauliflower Pakora and tomato chutney

Mixed Green Garden Salad

Edamame & Noodle Salad

Beetroot Slaw

English Kale & Puffed Quinoa

Baked Celariac with lime & Coriander Yoghurt

Borlotti Beans & Char Grilled Pepper

WEEKLY SALAD MAIN

Onion Bahji with Tomato Chutney

Spinach & Feta Parcel - Tzatsiki

Grilled Polenta & Artichoke

Honey Mustard Glazed Trout

Garlic & Herb roasted Chicken

Grilled Polenta & Artichoke

Honey Mustard Glazed Trout

Leek and Cheese Quiche

Sweet potato & Red pepper Falafel with Hummus

Cauliflower Pakora and tomato chutney

MONDAY

HOT MAIN

Cavolo Nero & Butternut Gnocchi

TUESDAY

HOT MAINS

Chicken Cacciatore & Potatoes

VEGGIE HOT MAIN

Sweet Potato & Chickpea Tagine

WEDNESDAY

HOT MAINS

Chicken & Mushroom Pie with seasonal wilted greens

VEGGIE HOT MAIN

Cauliflower Steak, New Potato and Green

THURSDAY

HOT MAINS

Chicken & Lentil Dhanak with pilaf rice

VEGGIE HOT MAIN

Mushroom Stroganoff with rice

FRIDAY

Fish and chips

THE *good eating* CO.