

# Jack's

WEEKLY MENU – 09.03.2026

## WEEKLY SALADS

Winter Leaf Caesar Salad

Nicoise Salad

Tahini Yogurt Slaw

Beetroot, Feta & Chickpea

Lentil & Spiced Carrot

Peshwari Cauliflower & Red Pepper

## WEEKLY SALAD MAIN

Pea & Goats Cheese Frittata

Harissa Chicken Supreme

Hummus stuffed Aubergine

Cajun Salmon & Green Sauce

Feta & Spinach Parcel

Black Garlic & Soy Chicken

Smoked Salmon & Dill Tartlett

## MONDAY

HOT MAIN  
Beef Chilli With Rice

VEGGIE HOT MAIN  
Bean Chilli With Rice

## TUESDAY

HOT MAINS  
Jerk Chicken Curry With Rice And Peas

FISH HOT MAIN  
Fish curry with rice

## WEDNESDAY

HOT MAINS  
Smoked Butterbean Cassoulet With Cod

VEGGIE HOT MAIN  
Puttanesca Gnocchi

## THURSDAY

HOT MAINS  
Chicken Cacciatore with New Potatoes

VEGGIE HOT MAIN  
Grilled Halloumi

## FRIDAY

HOT MAIN  
TBC

VEGGIE HOT MAIN  
TBC