Jacks

WEEKLY MENU - 23.07.2024

WEEKLY SALADS

Kale Caeser

French Green Beans Salads

Spicy Quinoa Squash & Tahini Dressing

Authentic Greek Salad

German Style New Potato Salad

WEEKLY SALAD MAIN

Harissa Baked Salmon

Celeriac Greek Pita

Herb Roasted Chicken

Spanish Omelette

MONDAY

HOT MAIN
Vegetable Tagine
with Cous-Cous

TUESDAY

HOT MAIN

Mexican Pulled Beef

Wrap

WEDNESDAY

HOT MAINS
Buttermilk Chicken
Burger with Chips

THURSDAY

HOT MAINS

Beef Stew, Mustard Mash

Potato & Garden Greens

FRIDAY

HOT MAIN
Fish And Chips, Mushy Peas,
Tartare Sauce

VEGGIE HOT MAIN Thai Style Grilled Seabass, Coconut Sticky Rice, Asian Greens, Red Thai Curry Sauce

VEGGIE HOT MAIN

Steak with Chips, Grilled
Cherry Tomatoes, Cream
Green Peppercorn Sauce

VEGGIE HOT MAIN

Bean Chili with Rice &

Fixings

VEGGIE HOT MAIN
Squash and Kale Gnocchi,
Rocket with Parmesan and
Lemon

