

PRICES

Lunch

Entrée Soup	\$3
Main Soup	\$5
Main Course	\$5
Dessert	\$3

Morning or Afternoon Tea

Tea/Coffee	\$1
Biscuits	from 50c
Cake	\$2

Takeaway

Homemade Frozen Soup	\$3
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- Meals are prepared fresh every day.
- Vegetarian or Gluten Free meals are available – please notify us at time of booking.
- Menu is subject to change without notice.

BOOKINGS

Bookings essential. Please complete a registration form if you would like a regular booking, or alternatively, please ring the Unley Community Centre on 8372 5128 to make a booking as required (before 10.30am on the day). If you need to change or cancel a booking please contact the Centre as soon as possible.

Circuit Café is proudly brought to you by The City of Unley and a host of wonderful volunteers. It is only through the dedication of these volunteers that this fantastic service exists. If you are interested in contributing to the service, please contact the Unley Volunteer Co-ordinator, phone 8372 5111.



CIRCUIT CAFÉ
UNLEY COMMUNITY CENTRE
18 Arthur Street, Unley SA 5061
Phone: 8372 5128
unley.sa.gov.au

17 January – 8 March 2019



CIRCUIT CAFÉ

UNLEY COMMUNITY CENTRE



Welcome to the Circuit Café, a friendly, community orientated meal service offered by the Unley Community Centre. A great place to meet friends and have some great food. Bookings essential prior to 10.30am, please phone 8372 5128. Further information is on the back of this brochure.

Open Monday, Tuesday, Thursday and Friday

Lunch served 11.30am – 12.30pm

**Bookings essential, prior to 10.30am, phone 8372 5128.
Groups welcome.**

CELEBRATING THE OVER FIFTIES WITH FRIENDS & FOOD

Monday	Tuesday	Thursday	Friday
14 January	15 January	17 January	18 January
NO LUNCH SERVICE AVAILABLE	NO LUNCH SERVICE AVAILABLE	Quiche** Roast Chicken GF Lebanese Custard Slice Apple Cake	Meatloaf Chicken Parmigiana Pears with Chocolate Sauce Vanilla Slice
21 January	22 January	24 January	25 January
Butter Chicken Crumbed Fish Trifle Fruit Salad	Roast Pork GF Shepherd's Pie GF Lemon Delicious Pear Tart	Salmon Patties Bangers and Mash Peach Melba Panna Cotta	Tomato & Parmesan Chicken GF Roast Beef GF Cheesecake Cassata Ice cream
28 January	29 January	31 January	1 February
AUSTRALIA DAY PUBLIC HOLIDAY	Quiche** Roast Chicken GF Chocolate Custard Slice Strawberry Nut Sundae	Meatballs with Mushroom Sauce Moroccan Lamb Lemon Meringue Pie Peach Crumble	Vegetarian Lasagne** Apricot Chicken Banoffe Pie Pavlova
4 February	4 February	7 February	8 February
Cottage Pie GF Zucchini Slice** Pineapple Upside Down Cake Lebanese Custard Slice	Tomato & Parmesan Chicken GF Tuna Bake Peach Melba Cream Puffs	Roast Lamb GF Meatloaf with Gravy Chocolate Nut Sundae Orange & Coconut Cake	Beef Goulash GF Spinach & Cheese Cannelloni** Fruit Flan Pears with Chocolate

Monday	Tuesday	Thursday	Friday
11 February	12 February	14 February	15 February
Chicken Stroganoff GF Roast Beef GF Orange Syrup Pudding Pear Tart	Coconut Lamb Curry GF Crumbed Fish Tiramisu Apple Cake	Chicken Parmigiana Shepherd's Pie GF Fruit Flan Chocolate Éclairs	Beef & Guinness Pie Zucchini Slice** Vanilla Slice Berry Swiss Roll
18 February	19 February	21 February	22 February
Moroccan Lamb GF Cheese and Spinach Pie** Chocolate Nut Sundae Fruit Salad & Ice Cream	Beef Lasagne Tuna Bake Cassata Ice Cream Lemon Meringue Pie	Meatballs with Tomato sauce Roast Chicken GF Eton Mess Peaches & Custard	Apricot Chicken GF Cottage Pie GF Apricot Crumble Cheesecake
25 February	26 February	28 February	1 March
Zucchini Slice** Corned Silverside GF Panna Cotta Fruit Salad	Chicken Schnitzel Vegetarian Lasagne** Pavlova Roll Strawberry Flan	Salmon Patties Roast Beef GF Chocolate Custard Slice Meringue Nest	Butter Chicken GF Crumbed Fish Pear & Apple Strudel Tropical Fruit Delight
4 March	5 March	7 March	8 March
Roast Pork GF Meatballs with Mushroom Sauce Ice Cream Sundae Eton Mess	Quiche** Roast Lamb GF Orange Syrup Pudding Filo Custard Slice	Beef Stroganoff GF Roast Vegetable Tart** Lemon Delicious Peach Melba	Chicken with Honey & Mustard Spinach & Cheese Cannelloni** Trifle Fruit Salad

Please note: Menu is subject to change without notice.

** indicates a vegetarian dish. **GF** indicates Gluten Free.

You can find the Circuit Café nestled within the Unley Community Centre, 18 Arthur Street, Unley. Bookings are required prior to 10.30am, please phone 8372 5128. Meal prices are available on the back of this brochure.