

PRICES

Lunch

Entrée Soup	\$3
Main Soup	\$6
Main Course	\$6
Dessert	\$3

Self-Serve

Morning or Afternoon Tea

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

Takeaway

Homemade Frozen Soup	\$3
-------------------------	-----

- Meals are prepared fresh every day.
- 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

26 August – 18 October 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 26 August	Tuesday 27 August	Thursday 29 August	Friday 30 August
Tuna Bake Cottage Pie Chocolate Nut sundae Vanilla Slice	Beef Curry GF Spinach and cheese Pie** Orange Poppy Seed cake Tiramisu	Apricot Chicken Zucchini Slice ** Chocolate Swiss Roll Eton Mess	Meatloaf Chicken Parmigiana Lebanese Custard Slice Pears with chocolate sauce
2 September	3 September	5 September	6 September
Bangers & Mash Crumbed Fish Peaches and Custard Pana cotta with Citrus	Beef & Guinness Pie Shepherd's Pie GF Sticky Date Pudding Fruit Salad	Butter Chicken Salmon Patties Strawberry Nut Sundae Pear & Cinnamon Strudel	Tomato & Parmesan Chicken Roast Beef GF Cheesecake Pavlova Roll
9 September	10 September	12 September	13 September
Meatballs and Mushroom sauce Chicken Stroganoff Lemon Pudding Peach Melba	Quiche** Chicken Parmigiana Pears and Custard Vanilla Slice	Beef Rissoles Honey Mustard Chicken GF Strawberry Flan Apple Cake	Chickpea Curry and Rice** GF Roast Pork GF Lemon Yoghurt Cake Bread & Butter Pudding
16 September	17 September	19 September	20 September
Roast Lamb GF Meatloaf with Gravy Orange & Coconut Cake Sticky Date Pudding	Cottage Pie GF Zucchini Slice** Cream Puffs Apple Crumble	Corned Silverside GF Tuna Bake Bakewell Tart Custard Slice	Beef Goulash GF Spinach & Cheese Cannelloni Lamington Swiss Roll Banoffee Pie

Monday 23 September	Tuesday 24 September	Thursday 26 September	Friday 27 September
Chicken Casserole GF Beef Lasagne Lemon Yoghurt Cake Pears with Chocolate Sauce	Crumbed Fish Vegetarian Lasagne** Tiramisu Apple Cake	Roast Beef GF Chicken Stroganoff GF Chocolate Nut Sundae Orange & Coconut Cake	Zucchini Slice ** Beef & Guinness Pie Vanilla Slice Berry Swiss Roll
30 September	1 October	3 October	4 October
Roast Chicken GF Tuna Bake Fruit Salad & Ice cream Peaches & Custard	Meatballs in Tomato Sauce Moroccan Lamb GF Apple Pie Cheesecake	Vegetarian Quiche** Apricot Chicken Panna Cotta Lemon Pudding	Cottage Pie GF Chicken Provencale Banoffee Pie Pavlova Roll
7 October	8 October	10 October	11 October
PUBLIC HOLIDAY CLOSED	Chicken Schnitzel Cheese & Spinach Pie ** Apple & Almond Cake Panna Cotta with Berries	Zucchini Slice ** Corned Silverside GF Coconut & Cherry Strudel Lebanese Custard Slice	Butter Chicken Crumbed Fish Orange Syrup Puddings Meringue Nests GF
14 October	15 October	17 October	18 October
Beef Stroganoff GF Quiche ** Lemon Cream Trifle	Chickpea Curry ** GF Roast Lamb GF Apple & Cinnamon Strudel Peach Melba	Meatballs & Mushroom Sauce Honey Mustard Chicken Orange & Pistachio Cake Crème Caramel	Roast Pork GF Spinach & Cheese Cannelloni** Plum Crumble Jelly & Fruit

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.