

Monthly Specials: January

Soup of the Week (served with a bread roll)	\$3.50
Specials of the Week	\$8 \$10
Roast of the Week (served with roast potatoes, seasonal veg & gravy)	\$8 \$10
Dessert of the Week	\$3.50

6 to 10 January

Soup of the Week: Cream of Chicken

Specials:

Chicken Parmigiana

Served with salad & chips or roast potatoes & vegetables

Greek Lamb Salad (served as is) *

Roast of the Week: Lamb

Dessert of the Week: Tiramisu (served as is)

13 to 17 January

Soup of the Week: Dim Sim Noodle *

Specials:

BBQ Ham & Pineapple Skewers

Served with salad & chips or roast potatoes & vegetables

Seafood Basket **

Served with salad & chips or vegetables & chips

Roast of the Week: Beef

Dessert of the Week: Beesting (served as is)

Monthly Specials: January

20 to 24 January

Soup of the Week: Chicken Noodle

Specials:

Honey Garlic Pork Ribs

Served with rice, salad or vegetables

Chicken Breast with avocado sauce

Served with mash potato & salad or mash potato & vegetables

Roast of the Week: Pork

Dessert of the Week: Banana Caramel

Tart (served as is)

27 to 31 January

(closed Mon 27 Jan due to Public Holiday)

Soup of the Week: Tomato

Specials:

Chicken Cordon Bleu

Served with salad & Chips or Roast

Potatoes & Vegetables

Baked Potato * **

(Choice of toppings - ask when ordering)

Roast of the Week: Rolled Roast Chicken

Dessert of the Week: Cream Caramel

Please note, the menu is subject to change.

Take-away and frozen meals 50c extra.

* Meal is not suitable for freezing.

** Meal is not available in small size.



Jack's Cafe

January 2025

Join us for a meal at the
Jack Young Centre (JYC)
2 Orange Ave, Salisbury

Spring and Summer Menu

Sep 2024 to Feb 2025

For more
information
call 8406 8525
or visit

www.salisbury.sa.gov.au/jyc





Main Courses

Chicken or Beef Schnitzel \$8 | \$10

served with roast potatoes and vegetables
OR chips and salad
Choice of sauces: mushroom, garlic or plain

Grilled Chicken (gf) \$8 | \$10

Freshly grilled chicken breast served with roast potatoes and vegetables OR chips and salad
Choice of sauces: mushroom, garlic or plain

Fish and Chips \$8 | \$10

Crumbed fish served with chips and salad
OR chips and vegetables

Grilled Fish and Chips (gf) \$8 | \$10

with salad OR vegetables

Tuna Patties \$8 | \$10

Two tuna patties with roast potatoes and vegetables
OR chips and salad
Choice of sauces: mushroom, garlic or plain

Quiche \$8 | \$10

Choice of three options
Lorraine, Spinach and Mushroom or Tomato and Fetta
served with roast potatoes and vegetables
OR chips and salad

Chicken or Lamb Yiros \$8 | \$10

Choice of chicken or lamb served with chips only

Gf = gluten free



Vegetarian Options

Pumpkin and Spinach Risotto \$8 | \$10

a creamy rice dish with roasted pumpkin and baby spinach

Moroccan Chickpea Bake \$8 | \$10

a nice vegan option with healthy vegetables and a Moroccan seasoning



Alternative Meals

Warm Chicken Salad \$8 | \$10

Grilled chicken tenders on a bowl of lettuce, tomato, cucumber, red onion and our own JYC dressing served in a jug

Sandwich or Wrap \$4

Choice of ham, egg or tuna and a choice of up to four extras (cheese, lettuce, tomato, carrot, cucumber, gherkin, raw/pickled onion, beetroot, mayo)



Desserts

Trifle \$3.50

Creamed Rice with Fruit \$3.50

Vanilla Panna Cotta (gf) \$3.50

Fruit Salad \$3.50

with cream OR ice cream (gf)

'Special Dessert' each week \$3.50



Turn over for monthly specials!

Good food, good company.

Jack's café is a hidden gem for lunch specifically for people aged over 50.

Located inside Jack Young Centre, hot meals are available at lunchtime (service between 12pm to 1pm) with a varied regular menu as well as weekly specials. Orders for the lunch service can be placed by calling the centre from 8.30am.

The blue subsidised pricing is available for eligible My Aged Care clients with a meal referral. 'Grab and Go' light meals or a selection of frozen meals are available during centre hours as well as barista coffee, freshly made biscuits, snacks and cakes.

Monday to Friday (closed public holidays)

Please place lunch orders by calling 8406 8525 between 8.30am and 11.30am

Small meals available upon request

For more information, visit

www.salisbury.sa.gov.au/jyc