

## Monthly Specials: March

**Soup of the Week** (served with a bread roll) \$3.50

**Specials of the Week** \$8 | \$10

**Roast of the Week** \$8 | \$10  
(served with roast potatoes, seasonal veg & gravy)

**Dessert of the Week** \$3.50

### 3 to 7 March

**Soup of the Week:** Cabbage, Bacon and Potato

#### Specials:

Lamb, Spinach and Potato Curry

(served with mash potato and vegetables) GF

Meatloaf (served with mash potato and vegetables or salad)

**Roast of the Week:** Rolled Roast Chicken

**Dessert of the Week:** Pancakes  
(served with jam and cream)

### 11 to 14 March (closed Mon 10 March)

**Soup of the Week:** Cauliflower

**Specials:** Apricot Chicken

(served with rice, salad, or vegetables)

Beef Stroganoff

(served with pasta plus vegetables or salad)

**Roast of the Week:** Beef

**Dessert of the Week:** Three Layered Mousse  
(served as is)

## Monthly Specials: March

### 17 to 21 March

**Soup of the Week:** Creamy Irish Vegetable

#### Specials:

Irish Colcannon Mac and Cheese

(served with salad and chips or roast potatoes and vegetables)

Irish Stew (served with mash potato)

**Roast of the Week:** Corned Beef

**Dessert of the Week:** Irish Apple Cake with Custard

### 24 to 28 March

**Soup of the Week:** Dim Sim Noodles

#### Specials:

Pizza – Margareta, Ham and Pineapple,

Pepperoni (served with Garlic bread)

Asian Meatball Salad (served as is) \*

**Roast of the Week:** Lamb

**Dessert of the Week:** Cannoli (served as is)

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

March 2025

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

## Spring and Summer Menu

Sep 2024 to Mar 2025

For more  
information  
call 8406 8525  
or visit

[www.salisbury.sa.gov.au/jyc](http://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. Subsidised pricing 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](http://www.salisbury.sa.gov.au/jyc)