

Monthly Specials: November

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

4 to 8 November

Soup of the Week: Cauliflower

Specials:

Lamb Shank in Red Wine Sauce (served with mash potato & vegetables) * **

Chicken Mignon (served with mash potato, mushroom gravy, salad or vegetables) **

Roast of the Week: Pork

Dessert of the Week: Apple & Sultana Strudel (served with cream or ice cream)

11 to 15 November

Soup of the Week: Minestrone

Specials: Honey Garlic Pork Ribs (served with rice, salad, or vegetables)

Beef Parma (served with chips & salad or roast potatoes & vegetables)

Roast of the Week: Beef

Dessert of the Week: Bread and Butter Pudding (served with cream or ice cream)

Monthly Specials: November

18 to 22 November

Soup of the Week: Beef & Vegetable

Specials:

Savoury Mince (served with mash potato)

Satay Chicken (served with rice, salad or veg)

Roast of the Week: Lamb

Dessert of the Week: Chocolate Sundae (served as is – note: contains peanuts)

25 to 29 November

Soup of the Week: Potato & Leek

Specials: Tuna Mornay (served with chips & salad or roast potatoes & vegetables)

Surf 'n' Turf (served with chips & salad or roast potatoes & vegetables) * **

Roast of the Week: Rolled Roast Chicken

Dessert of the Week: Peach Cobbler (served with cream or ice cream)

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



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. 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