

Monthly Specials: July

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**

7 to 11 July

Soup of the Week: Cream of Chicken

Specials:

Beef Stroganoff
(served with mash potato and vegetables or salad)

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

Roast of the Week: Lamb

Dessert of the Week: Coconut Rough Magic Cake (served with whipped cream)

14 to 18 July

Soup of the Week: Pea and Ham

Specials:

Lamb Shank in red wine sauce
(served with mash potato and vegetables or salad)

Devilled Chicken
(served with mash potato and vegetables or salad)

Roast of the Week: Beef

Dessert of the Week: Cream Caramel
(served as is)

Monthly Specials: July

21 to 25 July

Soup of the Week: Vegetable

Specials:

Lamb's Fry and Bacon
(served with mash potato and vegetables or salad)

Sweet, Sticky and Spicy Chicken
(served with rice, salad or vegetables)

Roast of the Week: Pork

Dessert of the Week: Bee Sting
(served as is)

28 July to 1 August

Soup of the Week: Beef and Vegetable

Specials:

Chicken and Sweet Potato Casserole
(served with mash potato and vegetables or salad)

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

Roast of the Week: Rolled Roast Chicken

Dessert of the Week: Banoffee Ice Cream Pancakes
(ask for cream if you prefer)

*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.*

Gf – gluten free



Jack's Cafe

July 2025

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

Autumn to Winter Seasonal Menu



**For more information
call 8406 8525
or visit our website**

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

Rosemary Roasted Chicken Breast with Vegetables \$8 | \$10

Freshly roasted chicken breast served with roasted vegetables - Gf

Fish and Chips \$8 | \$10

Crumbed fish served with chips and salad
OR chips and vegetables

Baked Fish and Chips \$8 | \$10

Two pieces of hake baked with red onion and cherry tomatoes topped with basil pesto - Gf

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

Cottage Pie – served as is \$8 | \$10

Beefy mince and vegetables topped with mash potato and cheese, baked in the oven - Gf



Vegetarian Options

Fried Fetta Salad Wrap \$8 | \$10

A toasted tortilla, open with salad, and dukkha coated fetta with a little basil pesto

Moroccan Chickpea Bake \$8 | \$10

A nice vegan option with healthy vegetables and Moroccan seasoning Gf



Light Meals

\$2.50 to \$6

(as available in display fridge)

Grilled Chicken Salad Bowl

Ham Salad Plate

Caesar Salad Bowl

Focaccia – fresh or toasted

Ready made Sandwiches or Wraps

Cup of Soup – soup of the week



Desserts

Bread and Butter Pudding \$3.50

with cream or ice cream

Tiramisu \$3.50

Lemon Tart with cream and Strawberry \$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