

PRICES

Lunch

Entrée Soup	\$3	Tea/Coffee	\$1
Main Soup	\$6	Biscuits	50c
Main Course	\$6		
Dessert	\$3		

Takeaway

Frozen Soup	\$3
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***** Meals are prepared fresh every day

BOOKINGS

Bookings are essential. Phone 8372 5128

Please complete a registration form if you would like a regular booking, or alternatively, contact the Unley Community Centre to make a casual booking (**before 9.30am on the day**)

If you need to change or cancel a booking, please contact the Centre as soon as possible.

The 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



CIRCUIT CAFÉ UNLEY COMMUNITY CENTRE

18 Arthur Street, Unley SA 5061
Phone: 8372 5128
unley.sa.gov.au

1 July – 23 August 2024



CIRCUIT CAFÉ

UNLEY COMMUNITY CENTRE



Welcome to the Circuit Café, a friendly, community orientated meal service nestled in the Unley Community Centre at 18 Arthur Street. A great place to meet new people, catch up with friends and enjoy a delicious, affordable meal.

***Please note that the Monday meal service is changing.
See enclosed for more details.**

Open: *Monday, Tuesday, Thursday, and Friday

Meals served between 11.30am and 12.30pm (Orders need to be placed by 12.15pm)

*No bookings required on Mondays; Mondays open 9.30am – 1pm

All casual bookings must be phoned in before 9.30am on the day

Cost: Soup \$3 Main \$6 Dessert \$3

Unley Community Centre - 18 Arthur Street, Unley

Bookings Essential, Phone 8372 5128

CELEBRATING THE OVER FIFTIES WITH FRIENDS & FOOD

Monday	Tuesday	Thursday	Friday
1 July	2 July	4 July	5 July
Pumpkin Soup**GF Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Beef & Noodle Soup Chicken Dianne Spinach & Cheese Cannelloni** Coconut & Cherry Strudel Lemon Pudding	Mixed Veg soup **GF Pork and Fennel Sausage Rolls Salmon Patties Berry Swiss Roll Pears & Chocolate	Chickpea & Spinach** Zucchini Slice** Meatballs in Mushroom Sauce Apple Crumble Eton Mess GF
8 July	9 July	11 July	12 July
White Bean & Tomato Soup GF** Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Thai Pumpkin Soup GF ** Roast Pork GF Quiche** Panna Cotta Apricot Crumble	Carrot & Lentil Soup GF ** Corned Silverside Zucchini, Tomato & Capsicum Slice** Mango Mousse Sticky Date Pudding	Bulgur, Lentil & Spinach Soup** Chicken Cacciatore Crumbed Fish Meringue Nest GF Lamington Swiss Roll
15 July	16 July	18 July	19 July
Mixed Veg Soup GF ** Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Chicken & Veg Soup Zucchini & Feta Fritters** Beef Lasagne Apricot Crumble Tiramisu	Red Lentil & Celery soup ** Chicken Parmigiana Cauliflower Curry GF Orange Syrup Pudding Apple Cake	Pea & Ham Soup GF Cottage Pie Vegetable Frittata** Lemon Meringue Chocolate Log
22 July	23 July	25 July	26 July
Mushroom/Potato Soup GF ** Toasted Sandwiches & Sweet and Savoury Muffins, Scones	White Bean & Tomato Soup GF ** Beef Rissoles Tuna Bake Berry Crumble Peach Flan	Thai Pumpkin Soup GF ** Lentil Patties ** Lamb Casserole GF Honey & Star Anise Panna Cotta GF Pears and Custard	Cauliflower & Lentil GF ** Chicken in Honey & Mustard Quiche ** Lebanese Custard Slice Trifle

Mondays – available 9.30am – 1pm

****indicates a Vegetarian dish GF indicates Gluten Free**

Monday	Tuesday	Thursday	Friday
29 July	30 July	1 August	2 August
Chicken & Veg Soup Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Bulgur, Lentil & Spinach Soup** Chicken Parmigiana Bangers & Mash Peach Upside Down Cake Chocolate Bavarian	Minestrone Soup** Quiche** Beef & Guinness Pie Eton Mess GF Apple Cake	Leek & Potato Soup GF ** Roast Chicken GF Crumbed Fish Orange & Coconut Cake Caramel Pear Cobbler
5 August	6 August	8 August	9 August
Potato & Bacon Soup** Toasted Sandwiches & Sweet and Savoury Muffins, Sc	Roast Fennel Soup** GF Cheese & Spinach Pie ** Beef Rissoles Apple Crumble Lamington Roll	Beef & Noodle Soup Chicken Schnitzel Stuffed Tomatoes GF** Panna Cotta with Berries Cheesecake	Pumpkin & Lentil Soup** GF Tuna Bake Butter Chicken Sticky Date Pudding Cherry and Coconut Strudel
12 August	13 August	15 August	16 August
Potato & Spinach Soup GF ** Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Pumpkin soup GF ** Cauliflower Curry GF ** Crumbed Fish Pears and Chocolate Boston Custard Cake	Barley & Veg Soup Beef Sausage Rolls Pumpkin Lasagne** Pineapple Upside Down Cake Pavlova Roll	Yellow Split Pea Soup ** GF Roast Pork GF Chicken & Vegetable Pie Tiramisu Lemon Pudding
19 August	20 August	22 August	23 August
Leek & Potato Soup** GF Toasted Sandwiches & Sweet and Savoury Muffins, Scones	Thai Pumpkin Soup** GF Tuna Bake Meatloaf Chocolate Self Saucing Pudding Apple Cake	Potato and Cauliflower Soup** GF Chicken Schnitzel Bangers and Mash Orange & Coconut Cake Berry & White Chocolate Pudding	Minestrone Soup** Chicken Stroganoff Quiche** Trifle Apple Crumble

Please note: Menu is subject to change without notice.