

FREE OR LOW COST MEALS AND CAFES AS OF SEPTEMBER 2019

Monday

Lunch

Christie Downs

Lunch with Friends Community House, Cnr Morton Rd & Flaxmill Rd (12pm) - 8384 6894, **During School Terms, \$5 - Booking Essential by Thursday before 3pm.**

Low cost Lunch for Seniors Elizabeth House, 112 Elizabeth Rd (12pm) - 8384 5170, **Order at 11am**, Served at 12pm; Small \$3.00, Large \$3.50, Main \$6, Desert \$3.50.

Hackham West

Community Centre, Cnr Warsaw Cres. & Majorca Rd (12pm - 1pm) - 8384 1065 Lunch; Kids \$2, Adults \$5.

Morphett Vale

Wakefield House, 65 Acre Ave (9am - 3.30pm) 8384 6158 Every Day. Order by (11am); Meal \$3, Main \$6. Frozen meals available for \$5, **Pick Up Every Day Before 12.30pm.**

Noarlunga

Noarlunga Uniting Church, 23 William Rd, Christies Beach (11.30am - 1pm) 0450 350 519 **FREE LUNCH** October 10th, November 14th & December 5th

Café

Aldinga

Community Café Community Centre, 7 Stewart Ave (8.30am - 3.30pm) - 8556 5940

Hackham West

Everyday Café Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065 Sandwich \$3, Fancy Coffee \$1, **Free Coffee.**

Morphett Vale

Community Café Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158

Seaford

Town Square Café Seaford Ecumenical Mission, Cnr Main St & Grand Blvd (9.30am - 3pm) - 8392 4522

Tuesday

Breakfast

Hackham West

Children's Breakfast Club Community Centre, Cnr Warsaw Cres & Majorca Rd (7.30am - 8.30am) - 8384 1065

Lunch

Hackham West

Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065 Lunch: \$2 Kids. Adults \$5.

Morphett Vale

Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158 **Every Day Order by 11am**, Meals \$3, Main \$6. Frozen meals available for \$5, **Pick Up Every Day before 12.30pm.**

Dinner

Christie Downs

Food @ Five Noarlunga Centre Church of Christ, 165 Beach Rd, (5pm - 6pm) Donations accepted - 8326 1153 River of Life Ministries, 9 McKinna Rd **Free Bread 10am - 2pm**

Seaford

Seaford Ecumenical Mission, Cnr Main Street & Grand Blvd - 8392 4522

Child \$1, Adult \$4 for a 3 course meal **on Tuesdays 5.30pm Every Fortnight** (even weeks) Arrive between 5 & 5.15pm, served at 5.30pm.

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Café

Aldinga

Community Café Community Centre, 7 Stewart Ave (8.30am - 3.30pm) - 8556 5940

Hackham West

Everyday Café Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065
Sandwich \$3, Fancy Coffee \$1, **Free Coffee.**

Morphett Vale

Community Café Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158

Seaford

Town Square Café Seaford Ecumenical Mission, Cnr Main St & Grand Blvd (9.30am - 3pm) - 8392 4522

Wednesday Breakfast

Hackham West

Children's Breakfast Club Community Centre, Cnr Warsaw Cres & Majorca Rd (7.30am - 8.30am) - 8384 1065

Lunch

Hackham West

Lunch Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065
Lunch: Kids \$2, Adults \$5.

Morphett Vale

Lunch Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158 **Every Day Order by 11am**, Meal \$3, Main \$6.
Frozen meals available \$5, **Pick Up Every Day before 12.30pm.**

Christie Downs

GracePoint Kitchen, GracePoint at Christie's, 9 McKinna Road (11.30am - 1pm) - 8326 2244
Fresh Sandwiches, Rolls & Cuppas.

Christie Downs

Low cost Lunch for Seniors Elizabeth House, 112 Elizabeth Rd (12pm) - 8384 5170. **Order at 11am** served at 12pm, Small \$3, Large \$3.50, Main \$6, Desert \$3.50.

Morphett Vale

Café Life From Salvation Army, 186 Elizabeth Rd (12pm) - 8384 6014, **First Lunch Free**, Second \$4

Dinner

Christie Downs

Free Dinner Meal FRED'S VAN, Onkaparinga Youth Services, Southern Youth XChange, 13 McKinna Rd. (7pm - 8pm)

Christie Beach

Community Dinners Community Health Onkaparinga, Uniting Church, Cnr William Rd & Ramsgate Ave (5.30pm)
Third Wed, Monthly - 0416 578 143 (Carly). Bring a plate if you can.

Seaford

Pick up Meals Community Centre, Beechwood Grove - 8386 3319 (from Wed on). Home cooked Take Away Meals available each week. Bookings taken Monday & Tuesday, **Pick Up from Wednesday on.** One for \$6 or two for \$10.

Café

Aldinga

Community Café Community Centre, 7 Stewart Ave (8.30am - 3.30pm) - 8556 5940

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Hackham West

Everyday Café Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065
Sandwich \$3, Fancy Coffee \$1, Free Coffee.

Morphett Vale

Community Café Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158

Seaford

Town Square Café Seaford Ecumenical Mission, Cnr Main St & Grand Blvd (9.30am - 3pm) - 8392 4522

Thursday Breakfast

Hackham West

Children's Breakfast Club Community Centre, Cnr Warsaw Cres & Marjorca Rd (7.30am - 8.30am) - 8384 1065

Lunch

Hackham West

Lunch Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065,
Lunch; Kids \$2, Adults \$5.

Morphett Vale

Lunch Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158 **Every Day; Order by 11am.** Meal \$3, Main \$5
Frozen Meals Available \$5, **Pick Up Every Day before 12.30pm.**

Morphett Vale

Free Soup and Bread Day Thursdays in the **Church Hall** Calvary Lutheran Church, 5 Windsong Court (12pm - 2pm)
For further information please phone the office; 7285 9588 or Mike 0416 738 631. For anyone in the Community.

Dinner

Morphett Vale

ADRA Café - DINNER Seventh Day Adventist Church, 130 Pimpala Rd (6.30pm During School Terms)
0432 085 544 or 8322 5720. *Free & no need to book*

Café

Aldinga

Community Café Community Centre, 7 Stewart Ave (8.30am - 3.30pm) - 8556 5940

Hackham West

Everyday Café Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065,
\$3 Sandwich, \$1 Fancy Coffee, Free Coffee.

Morphett Vale

Community Café Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158

Seaford

Town Square Café Seaford Ecumenical Mission, Cnr Main St & Grand Blvd (9.30am - 3pm) - 8392 4522

Friday Breakfast

Hackham West

Children's Breakfast Club Community Centre, Cnr Warsaw & Majorca Rd (7.30am - 8.30am) - 8384 1065

Lunch

Aldinga

2 Course Lunch Friday Community Centre, 7 Stewart Ave (12pm During School Terms) - 8556 5940
\$4 donation, **Ring Before 10am on Thursday.**

Christie Downs

GracePoint at Christie's, 9 McKinna Rd (11.30am - 1pm) - 8326 2244

Fresh Sandwiches, Rolls and Cuppas. *Free & no need to book.*
GracePoint at Christie's 9 McKinna Rd Free Bread 10am-2pm

Morphett Vale

Low cost Lunch for Seniors Elizabeth House, 112 Elizabeth Rd (12pm) - 8384 5170 **Order at 11am, served at 12pm**, Small \$3, Large \$3.50, Main \$6, Desert \$3.50.

Hackham West

Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065
Lunch; Kids \$2, Adults \$5.

Morphett Vale

Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158 **Every Day. Order by 11am**, \$3 meal, \$6 main Frozen Meals available \$5, **Pick Up Every Day Before 12.30pm.**

Dinner

Aldinga

Free Meal FRED'S VAN, Community Centre, 7 Stewart Ave (7pm - 8pm) - 8112 8720

Café

Aldinga

Community Café Community Centre, 7 Stewart Ave (8.30am - 3.30pm) - 8556 5940

Hackham West

Everyday Café Community Centre, Cnr Warsaw Cres & Majorca Rd (12pm - 1pm) - 8384 1065
Sandwich \$3, Fancy Coffee \$1, Free Coffee.

Morphett Vale

Community Café Wakefield House, 65 Acre Ave (9am - 3.30pm) - 8384 6158

Seaford

Town Square Café Seaford Ecumenical Mission, Cnr Main St & Grand Blvd (9.30 am - 3 pm) - 8392 4522

Sunday

Dinner

Christie Downs

Free Dinner Meal) FRED'S VAN, Onkaparinga Youth Services, Southern Youth XChange, 13 McKinna Rd, Christies Downs (7pm – 8pm)

General/FEC/Resources/Free or low cost meals café July 2019

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