

## BEEF MEALS



**CLASSIC SPAGHETTI BOLOGNESE** \$9.31  
A traditional recipe with juicy beef, that will really impress! So simple yet so yummy!



**BEEF RAGU** \$11.52  
Unashamedly easy to make, A rich dish full of flavour, perfect for a family gathering.



**IRISH BEEF STEW** \$10.95  
A traditional Irish dish, hearty and comforting, that is perfect for slow cooking.



**BEEF & BACON PASTA BAKE** \$10.95  
This meaty & cheesy dish is a perfect meal, served hot or cold.



**BEEF BURGERS** \$9.63  
Perfect family "fake-away" meal, full of flavour and healthy .



**CHILLI CON CARNE** \$9.78  
Is a spicy dish containing chili, meat, tomatoes, beans and an aromatic blend of spices.



**COTTAGE PIE** \$8.75  
A classic comfort meal. This hearty dish is pretty special to share with the family.

## TUNA MEALS



**TUNA FISH CAKES** \$6.00  
Tuna Cakes is a lifesaver when you need to rustle up a simple and healthy dinner.



**TUNA MORNAY** \$9.30  
An all in one dish, that is wonderfully comforting and sure to please the whole family.



**THE FOOD CENTRE**

A not-for-profit community organisation

*The Food Centre is a "Not for Profit" and registered Charity organisation that was originally founded in 1990 to establish and operate a Food Centre for the residents of the City of Port Adelaide Enfield and the surrounding areas, We provide affordable groceries, clothing and household goods and social interaction through our grocery shop, Mel's Op Shop and Arnolds Place Coffee Shop.*

*This is a complete meal pack that includes meat, vegetables, eggs and cheese for a family of 4-6 for under \$10.50.*

*Easyfeast™ meals is the perfect family meal pack that was originally devised in conjunction with the Foodies programme and SA Health to provide healthy low salt and sugar free affordable nutritional meal at low cost for families.*

*All meal packs have verified nutritional panels published.*

*The range of Easyfeast™ meals includes many traditional family favourites with something to satisfy all taste buds.*

**We are very proud of having developed our economical and nutritional meal pack, Easyfeast™ meals.**

**easy feast**  
healthy home-cooking made *easy!*

Shop 5, 580 Main North Rd.,

Gepps Cross SA 5094.

Phone: 8262 7345

e-mail: [admin@thefoodcentre.com.au](mailto:admin@thefoodcentre.com.au)



**THE FOOD CENTRE**

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**MEALS DESIGNED TO SERVE 4  
TO 6 PEOPLE FOR UNDER  
\$10.50**

**On-line ordering now  
available!  
[www.thefoodcentre.com.au](http://www.thefoodcentre.com.au)**

**Monday to Friday**

**8:30am to 5pm**

Save money on your food bill with **Easy Feast™**

## CHICKEN MEALS

	<b>APRICOT CHICKEN</b> A family favourite of tender chicken and luscious apricots, delivers full, rich flavours every time.	<b>\$8.75</b>
	<b>CHICKEN CACCIATORE</b> This classic from Italy is such a delicious dish. It's hard to believe how economical it is.	<b>\$9.63</b>
	<b>CHICKEN FRIED RICE</b> an easy midweek dinner, a on skillet recipe that's ready in 20 minutes and better than takeout .	<b>\$7.54</b> 
	<b>CHICKEN CURRY</b> A delicious mild creamy coconut curry full of flavour.	<b>\$8.20</b> 
	<b>CHICKEN STROGANOFF</b> A creamy chicken dish, filled with flavour, ready to Impress even the fussiest of eaters.	<b>\$10.93</b> 
	<b>CHICKEN STIR FRY</b> A basic dish that is absolutely delicious with quality ingredients	<b>\$11.00</b> 

## SAUSAGES

	<b>BANGERS &amp; MASH</b> Bangers and mash served with peas and onion gravy. Yummy!	<b>\$7.14</b> 
	<b>DEVILLED SAUSAGES</b> A popular sausage meal, with a little curry kick. That is a generational favourite.	<b>\$7.43</b>
	<b>CURRIED SAUSAGES</b> COMING SOON	<b>\$0.00</b>

## VEGETABLE DISHES

	<b>VEGETABLE FRIED RICE</b> An easy dinner, meal in itself, or a perfect accompaniment to another dish.	<b>\$5.78</b>
	<b>VEGETABLE LASAGNE</b> This meatless recipe is packed with capsicum, zucchini and carrots, sautéed until golden.	<b>\$8.75</b>
	<b>VEGETABLE RISOTTO</b> Cook up an Italian rice pot packed with veggies and rich flavours of the Mediterranean.	<b>\$7.59</b>
	<b>VEGETABLE PIZZA</b> You don't need to be a vegetarian to love this pizza. bold flavours to appease pizza lovers.	<b>\$6.33</b>
	<b>VEGETABLE SLICE</b> The slice can be served hot or cold. Perfect for dinner or a lunch box snack.	<b>\$8.75</b>
	<b>ZUCCHINI SLICE</b> Perfect for a hot meal or served cold for lunches or to brighten up the day.	<b>\$9.85</b> 
	<b>RATATOUILLE</b> A bright and chunky summer vegetable stew, rich and fragrant with garlic and herbs.	<b>\$4.68</b>
	<b>VEGETABLE KORMA</b> Available now	<b>\$9.35</b> 
	<b>PIZZA BASE</b> Create the pizza base and load it with your family's favourite toppings.	<b>\$3.25</b>

## SOUPS

	<b>CHICKEN &amp; VEGETABLE SOUP</b> Wonderfully healthy comforting and soothing for the soul.	<b>\$8.20</b>
	<b>MINISTRONE SOUP</b> This soup is not only mouth wateringly beautiful, its super easy to make.	<b>\$4.35</b>
	<b>CHICKEN &amp; CORN SOUP</b> A very quick and easy soup, perfect to warm your soul.	<b>\$8.20</b> 
	<b>VEGETABLE &amp; BARLEY HOTPOT</b> Warming and hearty, this is perfect for those cold evenings.	<b>\$5.45</b>
<b>SALADS</b>		
	<b>CORN &amp; TOMATO SALAD</b> You can serve this refreshing salad, as a side or as a salsa with grilled fish or chicken.	<b>\$6.55</b>
	<b>COUSCOUS SALAD</b> Comes together in 10 minutes and has tons of flavour!	<b>\$3.59</b>
	<b>THREE BEAN SALAD</b> A perfect summer salad, refreshing and simple	<b>\$7.43</b> 
	<b>CHICKEN CAESAR SALAD</b> COMING SOON	<b>\$0.00</b>