

## GREEN PAPER LIST OF

### FREE OR LOW COST MEALS AND CAFES AS OF MARCH 25th 2023

#### Monday

##### Lunch

###### Christies Beach

**FREE Meal** St Francis Anglican Church, 26 O'Halloran Rd - 8382 1410 (12pm – 1pm) Mum's Kitchen provide, freshly cooked hot meal for anyone in need

###### Christie Downs

**Lunch With Friends** Community House, Corner Morton Rd & Flaxmill Rd - 8384 6894 (12pm During School Terms) \$4 for lunch & desert - Booking Essential by Thursday before 3pm.

**Elizabeth House** ,112, Elizabeth Road, please order your meal **before 11.00 am** by ringing 8384 5170  
Soup \$3, Main meal \$6

###### Hackham West

**Everyday Café , Hackham West** Community Centre, 44 Glynville Drive, Hackham - 8384 1065 (12pm - 1pm during school term) Meals are \$6.00

##### Dinner-Evening Meal

###### Hallet Cove

**FREE Meal** Baptist Church, 1 Ramrod Road – 8322 6469 (6.30 pm) Light Evening Meal. Not Public Holidays

##### Café

###### Christie Downs

**FREE Coffee and Toasted Sandwiches (9.30am-12.00 noon)** Noarlunga Church of Christ,(Noarlunga Careworks), 165 Beach Rd - 8326 1153 Also if & when available free fruit/veg, cakes and bread.

###### Hackham West

**The Coffee Shop** Community Centre, 44 Glynville Drive, Hackham - 8384 1065 (9.30am - 2pm During School Terms) Sandwich \$3, Fancy Coffee \$1, **FREE Coffee**

###### Seaford

**Town Square Café** Seaford Christian Churches, Cnr Main St & Grand Blvd - 8392 4522. (9.30am - 3pm)

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#### Tuesday

##### Lunch

###### Hackham West

**Everyday Café, Hackham West** Community Centre 44 Glynville Drive , Hackham- 8384 1065 (12pm - 1pm during school term). Meals are \$6.00

##### Dinner-Evening Meal

###### Christie Downs

**FREE 2 Course Meal, Food @ Five** Noarlunga Church of Christ,(Noarlunga Careworks), 165 Beach Rd - 8326 1153. 2 Course Meal/Doors open at 4.15pm for a cuppa and a chat, Meals served at 5.00pm.**FREE Bread & other grocery items subject to availability** .Donations gratefully received.

##### Café

###### Hackham West

**The Coffee Shop** Community Centre,44 Glynville Drive, Hackham - 8384 1065 (9.30am - 2pm During School Terms) Sandwich \$3, Fancy Coffee \$1, **FREE Coffee**.

###### Seaford

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

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## Wednesday

### Lunch

#### Christie Downs

**Elizabeth House**, 112, Elizabeth Road, please order your meal **before 11.00 am** by ringing 8384 5170  
Soup \$3, Main meal \$6

#### Hackham West

**Everyday Café Hackham West** Community Centre, 44 Glynville Drive, Hackham - 8384 1065 (12pm - 1pm during school term) Meals are \$6.00.

#### Morphett Vale

**Café Life**, Salvation Army, 186 Elizabeth Rd - 8382 1600 (11- 1pm) \$3 take away meal, menu changes every week. There is seating available if someone wants to chat.

### Dinner- Evening meal

#### Christie Downs

**FREE Meal.** FRED'S VAN Wardli Youth Centre, 13 McKinna Rd Christie Downs (7pm – 8pm)

### Café

#### Christie Downs

**FREE Coffee and Toasted Sandwiches (9.30am-12.00 noon)** Noarlunga Church of Christ, (Noarlunga Careworks), 165 Beach Rd - 8326 1153 Also if & when available free fruit/veg, cakes and bread.

#### Hackham West

**The Coffee Shop** Community Centre, Corner, 44 Glynville Drive, Hackham - 8384 1065 (9.30am - 2pm During School Terms) Sandwich \$3, Fancy Coffee \$1, **FREE Coffee**

#### Seaford

**Town Square Café** Seaford Christian Churches, Corner Main St & Grand Blvd - 8392 4522 (9.30am - 3pm)

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## Thursday

### Lunch

#### Christies Beach

**FREE Lunch, Every 2nd & 4th Thursday of the Month**, Noarlunga Uniting Church, 23 William Rd – 0420 982 570 (11.30am - 1pm)

#### Christie Downs

**Elizabeth House**, 112, Elizabeth Road, please order your meal **before 11.00 am** by ringing 8384 5170  
Soup \$3, Main meal \$6

#### Morphett Vale

**FREE Community Lunch during school terms.** Calvary Lutheran Church, 5 Windsong Court. In the Church Hall - 7285 9588 (12pm – 1.00pm).

### Café

#### Hackham West

**The Coffee Shop Hackham West** Community Centre, 44 Glynville Drive, Hackham - 8384 1065 (9.30am - 2pm During School Terms) Sandwich \$3, Fancy Coffee \$1, **FREE Coffee.**

#### Seaford

**Town Square Café** Seaford Christian Churches, Corner Main St & Grand Blvd - 8392 4522 (9.30am - 3pm)

### Evening Meal-Community Meal

#### Mitchell Park

**MarionLIFE Community Meal** A delicious two course meal cooked by creative chefs and you **pay only what you can afford.** Held on 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month at the Marion Church of Christ pavilion off Allawoona Ave. Mitchell Park. From 6.30pm – 7.30pm All welcome, **no booking required.**

#### Morphett Vale

**ADRA Café** Thursday night during school term. 130 Pimpala Rd. Morphett Vale. **Doors open 6.00pm.** Join us for friendship, healthy, nutritious 2 course, Vegetarian meals at **FREE** with **NO OBLIGATION**, any questions please contact Liz on 0403 680 179. **Bus Stop 47 on Bus Route 744 and 734. All welcome.**

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## FRIDAY

### Lunch

#### Christie Downs

**Elizabeth House**, 112, Elizabeth Road, please order your meal **before 11.00 am** by ringing 8384 5170  
Soup \$3, Main meal \$6

#### Morphett Vale

**Community Soup Kitchen** St Hilary's Ministry Centre, 1 High Street (11.30 -1.30) **FREE Soup & Toasties.**  
Some takeaway frozen soups and takeaway individual frozen meals available .

#### Seaford

**Monthly Lunches** Community Centre, Beechwood Grove, Seaford - 8386 3319. **Bookings essential, served at 12.30pm**, \$8 for Lunch & Dessert.

### Café

#### Christie Downs

**FREE Coffee and Toasted Sandwiches (9.30am-12.00 noon)** Noarlunga Church of Christ,(Noarlunga Careworks),  
165 Beach Rd - 8326 1153 Also if & when available free fruit/veg, cakes and bread.

#### Seaford

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

#### Michell Park

MarionLIFE **Brekkie for Blokes** A lovely cooked breakfast and you pay only what you can afford.  
Held every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month at the Marion Church of Christ pavilion off Allawoona Ave.  
Michell Park. From 9am. All welcome, no booking required

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## Sunday Night`

### Dinner-Evening Meal

#### Christie Downs

**FREE Meal.** FREDS VAN Wardli Youth Centre, 13 McKinna Rd Christie Downs (7pm – 8pm)

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## Fresh & Frozen Meals to be picked up (Assorted Days)

#### Aberfoyle Park

**Community Centre**, 1 Jessica St - 8270 5377. Meals available for collection Mondays to Fridays 9am - 4pm. \$6 per meal.

#### Hackham West

**Hackham West Community Centre**,44, Glynville Drive , Hackham - 8384 1065 Available Monday to Friday to purchase @\$5.00 each.

#### Morphett Vale

**Wakefield House**, 65 Acre Ave - 8384 6158. Pick Up Every Day Before 12.30pm. Soup & frozen meals available. Meal packs contain a soup, main & desert also available. Starting from \$3, meal packs \$8.

#### Old Reynella

**Reynella Neighbourhood Centre**, 164-170 Old South Rd - 8322 3591 Frozen Meals available for \$6.

#### Seaford

**Seaford Community Centre**, Beechwood Grove - 8386 3319 Bookings taken Monday & Tuesday for PICK UP WEDNESDAY. Home cooked Take Away Meals available each week. One for \$6 or two for \$10. Until sold out.