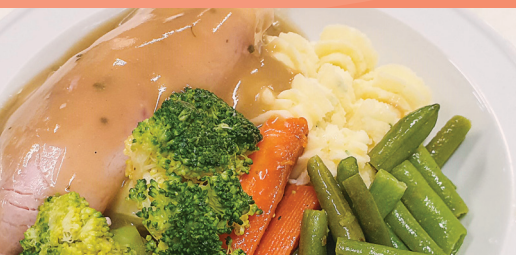


Meals on Wheels

SPRING MENU

September/October/November 2021



Entrees

STARTER SOUPS

Potato & Leek*

Tomato*

Sweet Potato *

Mushroom*

Desserts

SUPERB SWEETS

Apple crumble*

Pineapple Upside Down
cake*

Bread & Butter pudding

Chocolate cheesecake

* – Gluten & Dairy Free options | V – Vegetarian

GF & DF options are available upon request, please advise at time of ordering.

NOTE: All meals are cooked fresh by our Meals on Wheels team at Maroochydore, and are delivered to your door frozen for your convenience. Please refer to packaging for heating instructions.

ALLERGEN ADVICE: Suncare take great care to prevent allergens from entering any meals when not stated in ingredients. Suncare products are prepared in kitchens where allergens have been used previously, therefore products may contain traces of peanuts, tree nuts, dairy, wheat, fish, crustaceans, soy, sesame and/or eggs.

Main Meals

FIRM FAVOURITES

Roast Chicken*

succulent roast chicken breast served with a light gravy

Steamed Fish*

delicately steamed fish fillets served with Remoulade sauce

Pickled Pork*

Tasty pickled Pork with gravy & roast vegetables

Lamb Casserole*

Hearty slow cooked Lamb casserole

Tasty Tempters

Sweet & Sour Pork*

Delicious sweet & savoury Pork casserole

Beef Massaman

spicy beef Thai curry served with rice

Devilled Sausages*

tangy rich devilled tomato Sausages

Irish Stew*

chunky beef Irish stew

SMALL MAINS PORTIONS ARE AVAILABLE - SIMPLY PUT AN 'S' NEXT TO THE QUANTITY ON YOUR ORDER FORM

Our Menu's are now designed on a Seasonal basis and we will continue to deliver both a Menu and Order Form to you every month for you to make your selections

We hope you enjoy the Spring Menu as the warmer weather returns



Making people's lives better