

WINTER MENU

(Frozen Meals)

JUNE 2026 – AUGUST 2026

	SOUP				
	MINISTRONE GLUTEN & DAIRY FREE Thick & hearty tomato vegetable, pasta and ham soup	CHICKEN THAI COCONUT Thai style spiced chicken and coconut milk soup	INDIAN LENTIL, SWEET POTATO VEGETARIAN - GLUTEN & DAIRY FREE Smooth creamy sweet potato and red lentil soup	VEGETABLE CHOWDER VEGETARIAN Winter vegetable in a creamy soup	POTATO BACON GLUTEN & DAIRY FREE Rich potato soup with flecks of bacon.
	STEAMED BARRAMUNDI GLUTEN & DAIRY FREE White fish fillets topped with a lemon & chive butter sauce	CHICKEN CACCIATORE GLUTEN & DAIRY FREE Chicken with tomato base sauce with olives with steamed rice	CURRY SAUSAGES Pork sausage with a homemade yellow curry sauce	PUMPKIN & SPINACH PASTA VEGETARIAN Roasted pumpkin & spinach with spaghetti	MIXED BEAN & CHICKPEA CHILLI VEGETARIAN - GLUTEN & DAIRY FREE Mild bean & chickpea chilli with a herb, capsicum & tomato sauce
	BEEF BOURGUINON GLUTEN & DAIRY FREE Braised in a red wine, tomato, herb & garlic sauce & mash potato	LAMB KORMA Tender lamb in a spicy Indian curry sauce	MEATBALLS & ONION GRAVY GLUTEN & DAIRY FREE Meatballs with an onion gravy served with mash potato	ROAST CHICKEN GLUTEN & DAIRY FREE Roasted Chicken breast with roast vegetables & gravy	ROAST BEEF GLUTEN & DAIRY FREE Slow roasted seasoned beef served with rich brown gravy
	CHOCOLATE ORANGE CHEESECAKE Creamy chocolate & orange cheesecake with crunchy biscuit base	APPLE COBBLER Apple baked in a fluffy cake with a custard	LEMON BARS GLUTEN & DAIRY FREE Lemon curd on a biscuit base	CINNAMON CAKE GLUTEN & DAIRY FREE Cinnamon cake served with soy caramel custard	BREAD & BUTTER PUDDING Traditional bread & butted pudding with vanilla custard

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ALLERGEN ADVICE: Suncare takes 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 egg.