

# AUTUMN MENU

(Frozen Meals)

**MARCH 2026 – MAY 2026**

	SOUP				
	<b>PEA &amp; HAM</b> GLUTEN & DAIRY FREE  Thick & hearty split pea, ham & vegetable soup	<b>POTATO &amp; LEEK</b> VEGETARIAN - DAIRY & GLUTEN FREE  Rich potato with flecks of leek.	<b>PUMPKIN</b> VEGETARIAN - GLUTEN & DAIRY FREE  Smooth creamy pumpkin soup	<b>MISO</b> VEGETARIAN  Tofu, vegetable & noodles in a Japanese style broth	<b>CHICKEN &amp; CORN</b> GLUTEN & DAIRY FREE  Chicken, corn & vegetable soup
	<b>STEAMED BARRAMUNDI</b> GLUTEN & DAIRY FREE  White fish fillets topped with a lemon & chive butter sauce	<b>BUTTER CHICKEN</b> GLUTEN & DAIRY FREE  Chicken with Mild Traditional Indian Spices Served with Steamed Rice	<b>BBQ BEEF SAUSAGES</b>  Beef sausage with a homemade BBQ sauce	<b>GRILLED HALLOUMI</b> VEGETARIAN - GLUTEN FREE  Halloumi cheese with balsamic roasted vegetables	<b>EGGPLANT PARMESAN</b> VEGETARIAN - GLUTEN FREE  Eggplant layered with ricotta & spinach filling, baked in a tomato sauce
	<b>LAMB 4 QUARTER</b> GLUTEN & DAIRY FREE  Braised in a red wine, tomato, herb & garlic sauce & mash potato	<b>MONGOLIAN BEEF</b>  Tender beef in a spicy Asian sauce	<b>HONEY MUSTARD PORK</b>  Honey & mustard flavored white sauce casserole	<b>ROAST CHICKEN</b> GLUTEN & DAIRY FREE  Roasted Chicken breast with roast vegetables & gravy	<b>COTTAGE PIE</b> GLUTEN & DAIRY FREE  Rich , savoury beef mince dish topped with mash potato
	<b>BLUEBERRY CHEESECAKE</b>  Creamy blue berry cheesecake with crunchy biscuit base	<b>APPLE CRUMBLE</b>  Apple and cinnamon mix topped with crunchy crumble and custard	<b>STICKY DATE PUDDING</b> GLUTEN & DAIRY FREE  Light & fluffy date pudding topped with caramel custard	<b>COCONUT, CHERRY CREAM BAR</b> GLUTEN & DAIRY FREE  Vibrant cherry & coconut topping on a rich chocolate base	<b>TIRAMISU</b>  Layers of sponge fingers, coffee & vanilla cream

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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.