

SPRING MENU

(Frozen Meals)

SEPTEMBER – NOVEMBER 2025

SOUP	COCONUT CURRY VEGETABLE VEGETARIAN – GLUTEN FREE A light vegetable & coconut curry soup	MUSHROOM & RISONI VEGETARIAN – DAIRY FREE Creamy mushroom and risoni pasta soup	PUMPKIN VEGETARIAN – GLUTEN & DAIRY FREE Pureed sweet pumpkin soup	ZUCCHINI & CORN CHOWDER VEGETARIAN & GLUTEN FREE Chunky zucchini & corn chowder style soup	CHICKEN & SPRING VEGETABLE GLUTEN & DAIRY FREE Tasty chicken and vegetable broth
	STEAMED BARRAMUNDI GLUTEN & DAIRY FREE White fish fillets topped with a lemon & chive butter sauce	LAMB RED WINE CASSEROLE Slow cooked Lamb & vegetables in a red wine sauce served with mash	ITALIAN SAUSAGE SKILLET GLUTEN & DAIRY FREE Pork sausage fried with red onion, zucchini & peppers in a tomato sauce	VEGETARIAN PESTO PUMPKIN RAVIOLI VEGETARIAN Tender pumpkin filled ravioli with a pesto sauce	TOFU STIRFRY VEGETARIAN – GLUTEN & DAIRY FREE Hard tofu with vegetables in a honey soy sauce served with rice noodles
MAIN COURSE	BEEF KORMA CURRY Rich Beef & vegetable curry served with rice	PORK CHAR SUI Strip Pork in a rich char sui sauce with rice	APRICOT CHICKEN GLUTEN & DAIRY FREE Tender Chicken with a sweet & sour apricot sauce	ROAST CHICKEN GLUTEN & DAIRY FREE Roasted Chicken breast with roast vegetables & gravy	CORNERED BEEF GLUTEN FREE Slow cooked corned beef with seeded mustard sauce served mash potato
	MANGO CHEESECAKE Creamy mango cheesecake with crunchy biscuit base	BANOFFEE SLICE Chocolate base topped with caramel, banana cream	KEY LIME SQUARE GLUTEN & DAIRY FREE Sweet and tart citrus lime square	PINEAPPLE UPSIDE DOWN CAKE GLUTEN & DAIRY FREE OPTION Served with vanilla custard	CHOCOLATE MOUSSE Fluffy whipped chocolate mousse

ORDERS - 1800 786 227

www.suncare.org.au

 [suncarecommunityservices](https://www.facebook.com/suncarecommunityservices)

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.