

SUMMER MENU

DECEMBER/JANUARY/FEBRUARY 2022-23



SOUP	POTATO & CORN *	SWEET POTATO *	FRENCH ONION SOUP *	ZUCCHINI & BACON *
	Thick creamy potato soup with flecks of corn	Smooth creamy sweet potato soup	Carmelised onion soup	Light and easy Zucchini and Bacon broth
MAIN COURSE	ROAST CHICKEN *	CORNE SILVERSIDE	DEVILLED SAUSAGES *	STEAMED FISH *
	Succulent roast chicken breast coated in a light gravy	Tender brind corned silverside	Beef sausages covered in tangy tomato onion sauce	Delicate fillets of steamed fish topped with Remoulade sauce
	CHICKEN TERIYAKI *	CHICKEN PARMIGIANA	BEEF MASSAMAN	PORK STROGANOFF
	Sweet soy chicken stir fry with rice	Succulent chicken layered with cured ham and napoli sauce topped with cheese	Tender braised beef in Thai massaman sauce	Creamy pork and mushroom casserole
DESSERT	PINEAPPLE UPSIDEDOWN CAKE *	BREAD & BUTTER PUDDING	STICKY DATE PUDDING *	CHOCOLATE CHEESECAKE
	Fluffy pineapple cake served with creamy custard	Traditional bread & butter pudding	Date pudding served with a caramel custard	Smooth creamy chocolate cheesecake with a crunchy biscuit base

* GLUTEN AND DIARY FREE OPTIONS - are available upon request, please advise at time of ordering.

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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.