

AUTUMN MENU

MARCH – MAY 2024

SOUP	SWEET POTATO & CARROT GLUTEN AND DAIRY FREE	MEDITERRANEAN RED LENTIL GLUTEN AND DAIRY FREE	CHINESE CHICKEN & CORN GLUTEN AND DAIRY FREE	POTATO & BACON GLUTEN AND DAIRY FREE	VEGETABLE LAKSA
	Smooth creamy sweet potato & carrot soup	Rich tomato, red capsicum & lentil soup	Soy sauce based broth	Soup with flex of bacon	Spicy coconut soup
MAIN COURSE	CHILLI CON CARNE GLUTEN AND DAIRY FREE	BEEF BOURGUIGNON	ROAST CHICKEN GLUTEN AND DAIRY FREE	STEAMED FISH GLUTEN AND DAIRY FREE	INDIAN STYLE BUTTER CHICKEN
	Homemade mince chilli	Chunky beef red wine stew	Succulent roast chicken breast served in light gravy	Delicate fillets of steamed fish topped with remoulade sauce	Delicious Indian spiced chicken curry
	SPINACH, PUMPKIN & MUSHROOM LASAGNA	VEGETARIAN BEAN MEDELY STEW GLUTEN AND DAIRY FREE	PORK IN PLUM SAUCE GLUTEN AND DAIRY FREE	PORK SAUSAGES GLUTEN AND DAIRY FREE	BRAISED LAMB CASSEROLE
	Layered vegetable lasagna	Bean & vegetable stew	Pork in a spicy plum sauce	Onions, peppers & Spanish rice	Tender lamb and vegetable casserole
DESSERT	COOKIE'S & CREAM CHEESECAKE	ORANGE CAKE GLUTEN AND DAIRY FREE OPTION	GOOEY CHOC BROWNIES	APPLE COBLER GLUTEN AND DAIRY FREE OPTION	PECAN CARAMEL SQUARES
	Crunchy biscuit base	Soft and light orange cake with citrus glaze	Choc brownies with a chocolate sauce	Cinnamon poached apple	Maple glazed pecan caramel squares

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