

WINTER MENU

(Frozen Meals)

JUNE – AUGUST 2024

SOUP	PUMPKIN VEGETARIAN – GLUTEN & DAIRY FREE	MISO VEGETARIAN – GLUTEN & DAIRY FREE	MINISTRONE VEGETARIAN – DAIRY FREE	MUSHROOM VEGETARIAN – DAIRY FREE	PEA & HAM GLUTEN & DAIRY FREE
	Creamy Pumpkin Soup	Savoury Japanese Broth with Noodles & Tofu	Tomato Vegetable Soup with Rissoni Pasta	Creamy Mushroom Soup	Traditional Pea & Ham Soup
MAIN COURSE	STEAMED FISH GLUTEN & DAIRY FREE	COTTAGE PIE GLUTEN & DAIRY FREE	ROAST CHICKEN GLUTEN & DAIRY FREE	LENTIL CURRY VEGETARIAN – GLUTEN & DAIRY FREE	BRAISED BEEF & DUMPLINGS
	White Fish Fillets topped with a Lemon & Chive Butter Sauce	Home Style Cottage Pie with Creamy Potato Mash	Roasted Chicken Breast with Roast Vegetables & Gravy	Mild Indian Inspired Yellow Split Pea & Lentil Curry with Rice	Tender Braised Beef with Onions & Dumplings
	PUMPKIN RISOTTO VEGETARIAN – GLUTEN & DAIRY FREE	LAMB MADRAS	CHICKEN CACCIATORE GLUTEN & DAIRY FREE	MONGOLIAN BEEF	DEVILLED SAUSAGES GLUTEN & DAIRY FREE
	Sweet Butternut Pumpkin & Baby Spinach Risotto	Mildly Spicy Fragrant Tomato-Based Lamb Curry with Rice	Tomato & Olive Braised Italian Chicken Casserole	Tender BBQ Beef with Soy Sauce and Vegetables	Grilled Pork Sausages with a Sweet & Savory Sauce
DESSERT	BANOFFEE CHEESECAKE	SAGO GLUTEN FREE	STICKY DATE PUDDING GLUTEN & DAIRY FREE OPTION	CHOCOLATE MOUSSE GLUTEN FREE	PUMPKIN PIE GLUTEN & DAIRY FREE OPTION
	Banana Toffee Cheesecake on a Crunchy Biscuit Base	Creamy Coconut Tapioca Sago Pudding	Luscious Date Pudding with Caramel Custard	Light & Fluffy Chocolate Mousse	Sweet Pumpkin Pie with Brandy Sauce & Nutmeg

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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.