

SEPTEMBER – NOVEMBER 2024

	SOUP				
	ZUCCHINI & BACON GLUTEN & DAIRY FREE Smooth Zucchini & Bacon Soup	SPRING VEGETABLE VEGETARIAN – GLUTEN & DAIRY FREE Savoury Broth with Diced Spring Vegetables	POTATO & LEEK VEGETARIAN – GLUTEN & DAIRY FREE Creamy Potato & Leek Soup	THAI SWEET POTATO VEGETARIAN Thai Spiced Sweet Potato & Coconut Soup	CHINESE CHICKEN & CORN GLUTEN & DAIRY FREE Chinese Style Chicken & Sweet Corn Soup
	STEAMED FISH GLUTEN & DAIRY FREE White Fish Fillets topped with a Lemon & Chive Butter Sauce	APRICOT CHICKEN GLUTEN & DAIRY FREE Sweet & Savoury Apricot Chicken with Rice	PORK SAUSAGE & BEAN CASSEROLE GLUTEN & DAIRY FREE Pork Sausage & Bean Casserole with Creamy Mash	VEGETARIAN COTTAGE PIE VEGETARIAN – GLUTEN & DAIRY FREE Eggplant & Mushroom Pie Topped with Baked Mash Potato	TOMATO & SPINACH GNOCCHI VEGETARIAN Potato Gnocchi with a Rich Tomato & Spinach Sauce
	MEAT BALLS WITH ONION GRAVY GLUTEN & DAIRY FREE Savoury Beef Meat Balls with Caremlised Onion Gravy & Mash	BEEF STROGANOFF Traditional Beef Stroganoff with Mushrooms & Rice	THAI COCONUT LAMB CURRY Mild Thai Lamb Curry with Veggies & Rice	ROAST CHICKEN GLUTEN & DAIRY FREE Roasted Chicken Breast with Roast Vegetables & Gravy	FRITTATA Egg, Bacon & Tomato Frittata with Chat Potato's
	MANGO CHEESECAKE Creamy Mango Cheesecake on a Crunchy Biscuit Base	APPLE CRUMBLE GLUTEN & DAIRY FREE OPTIONS Stewed Apples & Cinnamon with Crumble & Vanilla Custard	GOOEY CHOC BROWNIE Rich Gooley Dark Chocolate Brownie with Chocolate Sauce	TIRAMISU Light & Fluffy Layered Sponge Fingers, Coffee & Cream	COCONUT LEMON SLICE GLUTEN & DAIRY FREE Sweet & Tart Citrus Lemon & Coconut Slice

ORDERS - 1800 786 227

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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.