

# SUMMER MENU

(Frozen Meals)

DECEMBER 2024 – FEBRUARY 2025

SOUP	<b>PUMPKIN</b> VEGETARIAN - GLUTEN & DAIRY FREE	<b>MOROCCAN SPICED CAULIFLOWER</b> VEGETARIAN - DAIRY FREE	<b>SWEET CORN &amp; COCONUT</b> VEGETARIAN - GLUTEN FREE	<b>TOMATO &amp; BACON</b> GLUTEN & DAIRY FREE	<b>CHICKEN &amp; VEGETABLE</b> GLUTEN & DAIRY FREE
	Smooth Creamy Pumpkin Soup	Pureed Moroccan Spiced Cauliflower Soup	Creamy Sweet Corn & Coconut Soup	New Season Tomato & Bacon Soup	Chicken & Summer Vegetable Soup
MAIN COURSE	<b>STEAMED FISH</b> GLUTEN & DAIRY FREE	<b>BUTTER CHICKEN</b> GLUTEN & DAIRY FREE	<b>PORK SAUSAGES</b> GLUTEN & DAIRY FREE	<b>TOFU &amp; VEGETABLE STIRFRY</b> VEGETARIAN - GLUTEN & DAIRY FREE	<b>POTATO &amp; ZUCCHINI ROSTI</b> VEGETARIAN
	White Fish Fillets topped with a Lemon & Chive Butter Sauce	Chicken with Mild Traditional Indian Spices Served with Steamed Rice	Sausages in Mushroom, Onion & Tomato Gravy with Creamy Mash	Wok Cooked Tofu & Vegetables with a Spicy Plum Sauce & Rice Noodle	Potato & Zucchini Fritter with a Tomato Chutney
	<b>CHICKEN MIGNON</b>	<b>IRISH STEW</b> GLUTEN & DAIRY FREE	<b>LAMB RAGU</b>	<b>ROAST CHICKEN</b> GLUTEN & DAIRY FREE	<b>BEEF LASAGNE</b>
	Chicken Breast wrapped in Bacon with a Creamy Garlic Sauce & Mash	Traditional Tender Beef in a Savory Sauce served with a Creamy Mash	Lamb & Vegetable Casserole in a Red Wine Sauce Pappardelle Pasta	Roasted Chicken Breast with Roast Vegetables & Gravy	Layered Pasta Sheets Beef Bolognese and Cheesy White Sauce
DESSERT	<b>BLUEBERRY CHEESECAKE</b>	<b>APPLE COBLER</b> GLUTEN & DAIRY FREE OPTIONS	<b>PEACH PANNA COTTA</b>	<b>CHOCOLATE ANGEL CAKE</b>	<b>LEMON MERINGUE PIE</b> GLUTEN & DAIRY FREE
	Creamy Blueberry Cheesecake on a Crunchy Biscuit Base	Stewed Apples & Cinnamon with a Vanilla Custard	Peach Flavoured Panna Cotta with a Mixed Berry Compote	Light & Fluffy Chocolate Sponge Topped With Chocolate Mousse	Almond & Coconut Base with a Lemon Curd Topped with Meringue

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.