

AUTUMN MENU

(Frozen Meals)

APRIL – MAY 2025

	CAJUN CARROT VEGETARIAN - DAIRY FREE	MUSHROOM VEGETARIAN – GLUTEN & DAIRY FREE	CHICKEN & CORN CHOWDER GLUTEN & DAIRY FREE	MINISTRONE DAIRY FREE	PEA & HAM GLUTEN & DAIRY FREE
SOUP	Smooth Creamy Cajun Roasted Carrot Soup	Pureed Mushroom Soup	Poached Chicken & Sweet Corn Soup	Tomato, Vegetable, Risoni & Bacon Soup	Ham Hock & Split Pea Soup
MAIN COURSE	STEAMED FISH GLUTEN & DAIRY FREE	HONEY MUSTARD CHICKEN CASSEROLE	BBQ PORK SAUSAGES GLUTEN & DAIRY FREE	BALSAMIC ROASTED VEGETABLE POLENTA VEGETARIAN – GLUTEN & DAIRY FREE	SPINACH & RICOTTA PASTRY VEGETARIAN
	White Fish Fillets topped with a Lemon & Chive Butter Sauce	Mustard & Honey Flavored White Sauce Casserole	Home made BBQ Sauce Creamy Mash	Vegetables Roasted with Balsamic & Rosemary on a Bed of Polenta	Spinach & Ricotta in Puff Pastry
	CRUMBED CHICKEN WITH YELLOW CURRY SAUCE	BRAISED BEEF CHEEKS GLUTEN & DAIRY FREE	GREEK STYLE LAMB GLUTEN & DAIRY FREE	ROAST CHICKEN GLUTEN & DAIRY FREE	COTTAGE PIE GLUTEN & DAIRY FREE
	Chicken Breast with a Creamy Yellow Curry Sauce & Rice	Slow Cooked Beef Cheeks in a Savory Sauce served with a Creamy Mash	Lamb, Olive & Vegetable Casserole in a Red Wine Sauce	Roasted Chicken Breast with Roast Vegetables & Gravy	Savory Mince Topped with Creamy Mash Potato
DESSERT	ROCKY ROAD CHEESECAKE	CHOCOLATE BROWNIE	APPLE BLONDIE GLUTEN & DAIRY FREE	STICKY DATE PUDDING GLUTEN & DAIRY FREE OPTION	BREAD & BUTTER PUDDING
	Creamy Cheesecake with Marshmallows, Raspberries, Coconut & Milk Chocolate	Goey Chocolate Brownie with a Chocolate Ganache Sauce	Apple & Cinnamon bake with Soy Custard	Light & Fluffy Date Pudding Topped With Caramel Custard	Traditional Bread & Butter Pudding with a Vanilla Custard

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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.