

# WINTER MENU

(Frozen Meals)

JUNE – AUGUST 2025

SOUP	WINTER HARVEST VEGETARIAN – GLUTEN & DAIRY FREE	POTATO & LEEK VEGETARIAN – GLUTEN & DAIRY FREE	SWEET POTATO VEGETARIAN - GLUTEN & DAIRY FREE	COCONUT LAKSA	ASPARAGUS & BACON GLUTEN & DAIRY FREE
	A warm winter vegetable Soup	Creamy potato and leek soup	Pureed sweet potato Soup	Spicy coconut vegetable soup with rice noodles	Tasty blend of fresh asparagus and smokey bacon
MAIN COURSE	STEAMED FISH GLUTEN & DAIRY FREE	PANANG LAMB CURRY	BEEF SAUSAGE GLUTEN & DAIRY FREE	MUSHROOM & TURMERIC STEW VEGETARIAN – GLUTEN & DAIRY FREE	PUMPKIN & SPINACH RISOTTO VEGETARIAN – GLUTEN & DAIRY FREE
	White fish fillets topped with a lemon & chive butter sauce	Slow cooked Lamb & coconut milk red curry with rice	Homemade bangers & mash with an onion gravy	Mixed mushrooms in a turmeric & vegetables stew	Creamy risotto rice roasted pumpkin bites fresh baby spinach
	BEEF BOURGUIGNON	PORK MEATBALLS	CHICKEN CACCIATORE GLUTEN & DAIRY FREE	ROAST CHICKEN GLUTEN & DAIRY FREE	ROAST BEEF GLUTEN & DAIRY FREE
	Rich Beef, red wine & vegetable casserole with mash potato	Pork meatballs in a rich tomato sauce with spaghetti	Tender Chicken with tomatoes, peppers, onions in rich tomato sauce	Roasted Chicken breast with roast vegetables & gravy	Slow roasted seasoned beef served with rich gravy
DESSERT	PEACH CHEESECAKE	CARAMEL PECAN SQUARES	APPLE CRUMBLE GLUTEN & DAIRY FREE OPTION	CHOCOLATE PUDDING	LEMON COCONUT SLICE GLUTEN & DAIRY FREE
	Creamy peach cheesecake with crunchy biscuit base	Maple glazed pecan caramel squares	Spiced apples topped with golden butter crumble served with custard	Rich fluffy cake with molten chocolate sauce	Sweet & tart citrus lemon and 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.