

WINTER MENU

Meals on Wheels

(Frozen Meals)

JUNE - AUGUST 2024

OUP

ESSERT

PUMPKIN VEGETARIAN – GLUTEN & DAIRY FREE

Creamy Pumpkin Soup

STEAMED FISH **GLUTEN & DAIRY FREE**

White Fish Fillets topped with a Lemon & Chive **Butter Sauce**

PUMPKIN RISOTTO VEGETARIAN – GLUTEN & DAIRY FREE

Sweet Butternut Pumpkin & Baby Spinach Risotto

BANOFFEE CHEESECAKE

Banana Toffee Cheesecake on a Crunchy Biscuit Base

MISO

VEGETARIAN - GLUTEN & DAIRY FREE

Savoury Japanese Broth with Noodles & Tofu

COTTAGE PIE GLUTEN & DAIRY FREE

Home Style Cottage Pie with Creamy Potato Mash

LAMB MADRAS

Mildly Spicy Fragrant **Tomato-Based Lamb Curry** with Rice

SAGO GLUTEN FREE

Creamy Coconut Tapioca Sago Pudding

MINESTRONE

VEGETARIAN – DAIRY FREE

Tomato Vegetable Soup with Rissoni Pasta

ROAST CHICKEN GLUTEN & DAIRY FREE

Roasted Chicken Breast

with Roast Vegetables & Gravy

CHICKEN CACCIATORE GLUTEN & DAIRY FREE

Tomato & Olive Braised Italian Chicken Casserole

STICKY DATE PUDDING **GLUTEN & DAIRY FREE OPTION**

Luscious Date Pudding with Caramel Custard

MUSHROOM VEGETARIAN - DAIRY FREE

Creamy Mushroom Soup

LENTIL CURRY

VEGETARIAN – GLUTEN & DAIRY FREE

Mild Indian Inspired Yellow Split Pea & Lentil Curry with Rice

MONGOLIAN BEEF

Tender BBQ Beef with Soy Sauce and Vegetables

CHOCOLATE MOUSSE GLUTEN FREE

Light & Fluffy Chocolate Mousse

PEA & HAM **GLUTEN & DAIRY FREE**

Traditional Pea & Ham Soup

BRAISED BEEF & DUMPLINGS

Tender Braised Beef with Onions & Dumplings

DEVILLED SAUSAGES GLUTEN & DAIRY FREE

Grilled Pork Sausages with a Sweet & Savory Sauce

PUMPKIN PIE

GLUTEN & DAIRY FREE OPTION

Sweet Pumpkin Pie with Brandy Sauce & Nutmeg

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