

# Suncare Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<b>6 MAY</b> Labour Day <i>Frozen meal available</i>	<b>7 MAY</b> Pumpkin soup* Irish stew* Potatoes Custard & fruit	<b>8 MAY</b> Vegetable spring soup* Roast chicken* Potatoes Creamed rice	<b>9 MAY</b> Crème spinach soup Shepherd's Pie* Mash potato Lemon delicious	<b>10 MAY</b> Potato & corn soup Fish & lemon sauce* Chat potatoes Sticky-date pudding	<b>11 &amp; 12 MAY</b> Frozen soup Frozen main Frozen dessert
<b>13 MAY</b> Crème mushroom soup Sausages in onion gravy* Potatoes Apple crumble	<b>14 MAY</b> Potato & bacon soup Sweet & sour pork Rice Orange & poppyseed	<b>15 MAY</b> Sweet potato soup* Beef lasagne Pasta Chocolate self-saucing pudding	<b>16 MAY</b> Vegetable soup Baked ham* Potatoes Apple teacake	<b>17 MAY</b> Chicken & corn soup Spanakopita Potatoes Cheesecake	<b>18 &amp; 19 MAY</b> Frozen soup Frozen main Frozen dessert
<b>20 MAY</b> Vegetable & lentil soup Corned beef Potatoes Jelly & fruit	<b>21 MAY</b> Pumpkin soup* Macaroni & cheese Pasta Sultana cake	<b>22 MAY</b> Minestrone soup Apricot chicken* Potatoes Chocolate mousse	<b>23 MAY</b> Pea & ham soup* Meatloaf Potatoes Sago & fruit	<b>24 MAY</b> French onion soup Crumbed fish Potatoes Bread & butter pudding	<b>25 &amp; 26 MAY</b> Frozen soup Frozen main Frozen dessert
<b>27 MAY</b> Country vegetable soup Devilled sausages Potatoes Custard & fruit	<b>28 MAY</b> Potato & bacon soup Roasted chicken* Potatoes Upside-down pudding	<b>29 MAY</b> Tomato florentine soup Quiche Potatoes Trifle	<b>30 MAY</b> Vegetable soup Braised steak Potatoes Sticky-date pudding	<b>31 MAY</b> Chinese chicken soup Fish & lemon sauce* Potatoes Creamed rice	<b>1 &amp; 2 JUNE</b> Frozen soup Frozen main Frozen dessert
<b>3 JUNE</b> Crème spinach soup Roast beef Potatoes Sago & fruit	<b>4 JUNE</b> Pumpkin soup* Spaghetti bolognese Pasta Crème caramel	<b>5 JUNE</b> Beef & barley soup Bacon & egg pie Potatoes Pumpkin pie	<b>6 JUNE</b> Potato corn soup Chicken cacciatore Rice Bread & butter pudding	<b>7 JUNE</b> Zucchini & bacon soup Battered fish Potatoes Orange & poppyseed	<b>8 &amp; 9 JUNE</b> Frozen soup Frozen main Frozen dessert

**NOTE:** All meals on this menu are subject to seasonal availability, set meals may vary from day to day.

*Frozen Meal Option* | \* Lactose & Gluten Free

**ALLERGEN ADVICE:** Suncare take 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 eggs.



1800 786 227

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# Suncare Meals on Wheels Daily Salad Menu

Daily salads can be ordered daily with each meal.

They consist of a meat & carbohydrate portion + salad/slaw as listed below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Rice salad</b> <i>(gluten free)</i> with beef, chutney and sweet soy dressing</p> <p><b>French Garden Salad</b> <i>(gluten free)</i> with shredded lettuce, carrot, cucumber, sprouts, tomato, beetroot and French dressing</p>	<p><b>Pasta salad</b> with ham, mustard and creamy tomato dressing</p> <p><b>Italian Garden Salad</b> <i>(gluten free)</i> with shredded lettuce, carrot, cucumber, sprouts, tomato, egg and Italian dressing</p>	<p><b>Roast vegetable salad</b> <i>(gluten free)</i> with corned beef, pickles and mayonnaise</p> <p><b>Coleslaw</b> with carrot and mayonnaise dressing</p>	<p><b>Potato &amp; egg salad</b> <i>(gluten free)</i> with honey mustard chicken &amp; balsamic dressing</p> <p><b>Greek Salad</b> <i>(gluten free)</i> with feta, tomato, cucumber, spinach and vinaigrette</p>	<p><b>Rice noodle salad</b> with pork and honey mustard dressing</p> <p><b>Chinese Slaw</b> with crunchy noodles, carrots, and Asian dressing</p>
<p><b>Egg Salad</b> <i>(vegetarian option)</i> with mayonnaise dressing</p>	<p><b>Cheese &amp; Cherry Tomato Salad</b> <i>(vegetarian option)</i> with balsamic dressing</p>	<p><b>Bean Salad</b> <i>(vegetarian option)</i> with French dressing</p>	<p><b>Chickpea Salad</b> <i>(vegetarian option)</i> with Italian dressing</p>	<p><b>Asian Tofu Salad</b> <i>(vegetarian option)</i> with Asian dressing, crunchy noodles, carrots and sprouts</p>
<p><b>Small Side Salad:</b> beetroot, shredded lettuce, tomato, cucumber, ½ an egg and mayonnaise dressing</p>	<p><b>Small Side Salad:</b> beetroot, shredded lettuce, tomato, cucumber, ½ an egg and mayonnaise dressing</p>	<p><b>Small Side Salad:</b> beetroot, shredded lettuce, tomato, cucumber, ½ an egg and mayonnaise dressing</p>	<p><b>Small Side Salad:</b> beetroot, shredded lettuce, tomato, cucumber, ½ an egg and mayonnaise dressing</p>	<p><b>Small Side Salad:</b> beetroot, shredded lettuce, tomato, cucumber, ½ an egg and mayonnaise dressing</p>

**NOTE: Small salads do not include meat.**

**All salads must be ordered prior to 11.00am the day before day they are required.**

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