



# Meals on Wheels

## St Andrew's Townsville

All meals include a variety of vegetables. Salads and sandwiches are also available. Frozen meal list is at the end of daily menus.

GF = Gluten Free DF = Dairy Free

Monday 20/08/18	Tuesday 21/08/18	Wednesday 22/08/18	Thursday 23/08/18	Friday 24/08/18
<b>A.</b> Apricot Chicken with Rice	<b>A.</b> Beef Curry & Rice	<b>A.</b> Roast Lamb & Gravy	<b>A.</b> Braised Steak and Onion <b>GF</b>	<b>A.</b> Battered Fish & Chips
<b>B.</b> Sausages & Gravy	<b>B.</b> Egg & Asparagus Mornay	<b>B.</b> Chicken Schnitzel & Gravy	<b>B.</b> Sweet & Sour Chicken with Rice	<b>B.</b> Beef & Vegetable Pasties

Monday 27/08/18	Tuesday 28/08/18	Wednesday 29/08/18	Thursday 30/08/18	Friday 31/08/18
<b>A.</b> Coconut Curried Chicken with Rice	<b>A.</b> Shepherd's Pie	<b>A.</b> Roast Pork & Gravy	<b>A.</b> Homemade Beef Rissoles & Gravy	<b>A.</b> Fish Cakes with Lemon
<b>B.</b> Braised Sausages	<b>B.</b> Chicken Kiev & Gravy	<b>B.</b> Vegetable Lasagne	<b>B.</b> French Onion Chicken Casserole	<b>B.</b> Angus Beef Pie

Monday 03/09/18	Tuesday 04/09/18	Wednesday 05/09/18	Thursday 06/09/18	Friday 07/09/18
<b>A.</b> Beef Stroganoff & Mashed Potato	<b>A.</b> Spaghetti Bolognese	<b>A.</b> Corned Silverside with White Sauce & Jacket Potato	<b>A.</b> Chicken Kiev & Gravy	<b>A.</b> Crumbed Fish with Tartare Sauce <b>DF</b>
<b>B.</b> Sweet & Sour Chicken with Rice	<b>B.</b> Bacon & Zucchini Quiche	<b>B.</b> Braised Sausages with Mash Potato	<b>B.</b> Beef Pies	<b>B.</b> Bacon & Egg Pie



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Monday 10/09/18	Tuesday 11/09/18	Wednesday 12/09/18	Thursday 13/09/18	Friday 14/09/18
<b>A.</b> Apricot Chicken with Mash Potato	<b>A.</b> Chicken Rissoles & Gravy	<b>A.</b> Roast Pork with Gravy	<b>A.</b> Braised Steak & Onion	<b>A.</b> Salmon & Dill Sauce with Rice
<b>B.</b> Crumbed Pork & Gravy	<b>A.</b> Sweet & Sour Pork with Rice	<b>B.</b> Crumbed Beef & Gravy	<b>B.</b> Macaroni Cheese	<b>B.</b> Beef & Vegetable Pasties

Monday 17/09/18	Tuesday 18/09/18	Wednesday 19/09/18	Thursday 20/09/18	Friday 21/09/18
<b>A.</b> Homemade Beef Rissoles & Gravy	<b>A.</b> Chicken Rissoles & Gravy	<b>A.</b> Roast Lamb & Gravy	<b>A.</b> Beef Lasagne	<b>A.</b> Crumbed Fish with Chips
<b>B.</b> Sausages & Gravy	<b>B.</b> Beef Ravioli	<b>B.</b> Chicken Kiev & Gravy	<b>B.</b> Sweet & Sour Pork	<b>B.</b> Beef Pies

Monday 24/09/18	Tuesday 25/09/18	Wednesday 26/09/18	Thursday 27/09/18	Friday 28/09/18
<b>A.</b> French Onion Chicken Casserole	<b>A.</b> Shepherd's Pie	<b>A.</b> Roast Chicken and Gravy	<b>A.</b> Homemade Beef Rissoles with Gravy	<b>A.</b> Crumbed Fish with Chips
<b>B.</b> Sweet & Sour Meatballs with Rice	<b>B.</b> Spinach & Fetta Quiche	<b>B.</b> Pork Schnitzel & Gravy	<b>B.</b> Chicken Parmigiana	<b>B.</b> Bacon & Egg Pie



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<b>FROZEN MEAL LIST</b>
<b>MEAT</b>
1. Roast Pork <b>DF</b>
2. Sweet & Sour Pork <b>DF</b>
3. Beef Rissoles & Gravy
4. Roast Lamb
5. Shepherd's Pie <b>GF</b>
6. Beef Lasagna
7. Braised Steak <b>DF</b>
8. Spaghetti Bolognaise
9. Braised Sausages & Gravy
<b>CHICKEN</b>
10. Roast Chicken <b>DF</b>
11. Mild Curry Coconut Chicken <b>GFDF</b>
12. Chicken Kiev
13. Apricot Chicken <b>GFDF</b>
<b>VEGETARIAN</b>
14. Spinach & Feta Quiche <b>GF</b>