



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 01/10/18	Tuesday 02/10/18	Wednesday 03/10/18	Thursday 04/10/18	Friday 05/10/18
CLOSED QUEEN'S BIRTHDAY DAY PUBLIC HOLIDAY FROZEN MEALS ONLY Delivered on Friday 28/09/2018	A. Beef Curry & Rice	A. Roast Chicken & Gravy	A. Braised Steak and Onion GF	A. Battered Fish & Chips
	B. Egg & Asparagus Mornay	B. Beef Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties

Monday 08/10/18	Tuesday 09/10/18	Wednesday 10/10/18	Thursday 11/10/18	Friday 12/10/18
A. Coconut Curried Chicken with Rice	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Homemade Beef Rissoles & Gravy	A. Salmon & Dill Sauce & Rice
B. Braised Sausages	B. Chicken Kiev & Gravy	B. Vegetable Lasagne	B. French Onion Chicken Casserole	B. Angus Beef Pie

Monday 15/10/18	Tuesday 16/10/18	Wednesday 17/10/18	Thursday 18/10/18	Friday 19/10/18
A. Apricot Chicken with Mash Potato	A. Spaghetti Bolognese	A. Roast Lamb & Gravy	A. Beef Lasagne	A. Crumbed Fish with Tartare Sauce DF
B. Sweet & Sour Chicken with Rice	B. Bacon & Zucchini Quiche	B. Braised Sausages with Mash Potato	B. Beef Pies	B. Bacon & Egg Pie



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Monday 22/10/18	Tuesday 23/10/18	Wednesday 24/10/18	Thursday 25/10/18	Friday 26/10/18
A. Homemade Beef Rissoles & Gravy	A. Chicken Rissoles & Gravy	A. Roast Pork with Gravy	A. Braised Steak & Onion	A. Fish Cakes & Lemon with Mash Potato
B. Crumbed Pork & Gravy	B. Sweet & Sour Pork with Rice	B. Crumbed Beef & Gravy	B. Macaroni Cheese	B. Beef & Vegetable Pasties

Monday 29/10/18	Tuesday 30/10/18	Wednesday 31/10/18	Thursday 01/11/18	Friday 02/11/18
A. Beef & Vegetable Casserole	A. Chicken Kiev & Gravy	A. Corned Silverside & White Sauce	A. Beef Ravioli	A. Crumbed Fish with Chips
B. Sausages & Gravy	B. Spinach & Fetta Quiche	B. Chicken Parmigiana	B. Sweet & Sour Pork	B. Beef Pies

Monday 05/11/18	Tuesday 06/11/18	Wednesday 07/11/18	Thursday 08/11/18	Friday 09/11/18
A. French Onion Chicken Casserole	A. Shepherd's Pie	A. Roast Lamb & Gravy	A. Spaghetti Bolognese	A. Crumbed Fish with Chips
B. Sweet & Sour Meatballs with Rice	B. Braised Sausages	B. Pork Schnitzel & Gravy	B. Chicken Parmigiana	B. Bacon & Egg Pie



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FROZEN MEAL LIST

MEAT

1. Roast Pork **DF**

2. Sweet & Sour Pork **DF**

3. Beef Rissoles & Gravy

4. Roast Lamb

5. Shepherd's Pie **GF**

6. Beef Lasagna

7. Braised Steak **DF**

8. Spaghetti Bolognese

9. Braised Sausages & Gravy

CHICKEN

10. Roast Chicken **DF**

11. Mild Curry Coconut Chicken **GFDF**

12. Chicken Kiev

13. Apricot Chicken **GFDF**

VEGETARIAN

14. Spinach & Feta Quiche **GF**