



# Meals on Wheels

## St Andrew's Townsville

Monday 29/04/19	Tuesday 30/04/19	Wednesday 01/05/19	Thursday 02/05/19	Friday 03/05/19
A. Beef & Vegetable Casserole	A. Spaghetti Bolognese	A. Roast Pork & Gravy	A. Braised Steak and Onion <b>GF</b>	A. Crumbed Fish with Chips
B. Sausages & Gravy	B. Spinach & Feta Quiche	B. Braised Sausages	B. Sweet & Sour Pork with Rice	B. Beef & Vegetable Pasties

Monday 06/05/19	Tuesday 07/05/19	Wednesday 08/05/19	Thursday 09/05/19	Friday 10/05/19
<b>CLOSED LABOUR DAY PUBLIC HOLIDAY</b>	A. Shepherd's Pie	A. Roast Chicken & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
<b>FROZEN MEALS ONLY</b>				
<b>Delivered on Friday 03/05/2019</b>	B. Chicken Kiev	B. Macaroni Cheese	B. Sweet & Sour Fish with Rice	B. Bacon & Egg Pie

Monday 13/05/19	Tuesday 14/05/19	Wednesday 15/05/19	Thursday 16/05/19	Friday 17/05/19
A. Coconut Chicken Curry with Rice	A. Chicken Rissoles & Gravy	A. Corned Silverside with White Sauce	A. Beef Lasagne	A. Crumbed Fish with Tartare Sauce
B. Sweet & Sour Meatballs with Rice	B. Bacon & Zucchini Quiche	B. Chicken Parmigiana	B. Sweet & Sour Chicken	B. Sausages & Gravy

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**



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## St Andrew's Townsville

Monday 20/05/19	Tuesday 21/05/19	Wednesday 22/05/19	Thursday 23/05/19	Friday 24/05/19
A. Beef Stroganoff	A. Shephard's Pie <b>GF</b>	A. Roast Lamb 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 Pie

Monday 27/05/19	Tuesday 28/05/19	Wednesday 29/05/19	Thursday 30/05/19	Friday 31/05/19
A. Beef Curry & Rice	A. Spaghetti Bolognese	A. Roast Pork & Gravy	A. Sausages & Gravy	A. Battered Fish & Chips
B. Chicken Parmigiana	B. Pesto Chicken Gnocchi	B. Beef Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties

Monday 03/06/19	Tuesday 04/06/19	Wednesday 05/06/19	Thursday 06/06/19	Friday 07/06/19
A. Apricot Chicken	A. Shepherd's Pie	A. Roast Turkey & Gravy	A. Peach & Pepper Pork	A. Salmon & Dill Sauce with Rice
B. Italian Meatballs	B. Chicken Kiev & Gravy	B. Vegetable Lasagne	B. Sweet & Sour Meatballs with Rice	B. Angus Beef Pie

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<b>FROZEN MEALS</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 Bolognese
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>

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