



Meals on Wheels

St Andrew's Townsville

Monday 22/07/19	Tuesday 23/07/19	Wednesday 24/07/19	Thursday 25/07/19	Friday 26/07/19
A. Beef & Vegetable Casserole	A. Apricot Chicken	A. Roast Turkey & Gravy	A. Braised Steak and Onion GF	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 29/07/19	Tuesday 30/07/19	Wednesday 31/07/19	Thursday 01/08/19	Friday 02/08/19
A. Coconut Curry Chicken & Rice	A. Shepherd's Pie	A. Roast Lamb & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Crumbed Pork Schnitzel & Gravy	B. Chicken Kiev	B. Macaroni Cheese	B. Sweet & Sour Fish with Rice	B. Bacon & Egg Pie

Monday 05/08/19	Tuesday 06/08/19	Wednesday 07/08/19	Thursday 08/08/19	Friday 09/08/19
A. Satay Chicken & Rice	A. Spaghetti Bolognese	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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Monday 12/08/19	Tuesday 13/08/19	Wednesday 14/08/19	Thursday 15/08/19	Friday 16/08/19
A. Beef Stroganoff	A. Shephard's Pie GF	A. Roast Chicken with Gravy	A. Braised Steak & Onion	A. Fish Cakes & Lemon with Mash Potato
B. Italian Meatballs	B. Sweet & Sour Pork with Rice	B. Crumbed Beef & Gravy	B. Macaroni Cheese	B. Beef Pie

Monday 19/08/19	Tuesday 20/08/19	Wednesday 21/08/19	Thursday 22/08/19	Friday 23/08/19
A. Beef Curry & Rice	A. Chicken Parmigiana	A. Roast lamb & Gravy	A. Sausages & Gravy	A. Battered Fish & Chips
B. Chicken Kiev with Gravy	B. Savoury Meatballs & Rice	B. Beef Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties

Monday 26/08/19	Tuesday 27/08/19	Wednesday 28/08/19	Thursday 29/08/19	Friday 30/08/19
A. Apricot Chicken	A. Beef Teriyaki & Rice	A. Roast Pork & Gravy	A. Peach & Pepper Pork	A. Salmon & Dill Sauce with Rice
B. Italian Meatballs	B. Chicken Schnitzel & Gravy	B. Vegetable Lasagne	B. Curried Sausages	B. Angus Beef Pie

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FROZEN MEALS
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

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