



# Meals on Wheels

## St Andrew's Townsville

Monday 02/09/19	Tuesday 03/09/19	Wednesday 04/09/19	Thursday 05/09/19	Friday 06/09/19
A. Beef & Vegetable Casserole	A. Apricot Chicken	A. Roast Lamb & Gravy	A. Braised Steak and Onion <b>GF</b>	A. Crumbed Fish with Chips
B. Chicken Sausages & Gravy	B. Spinach & Feta Quiche	B. Braised Sausages	B. Sweet & Sour Pork with Rice	B. Beef & Vegetable Pasties

Monday 09/09/19	Tuesday 10/09/19	Wednesday 11/09/19	Thursday 12/09/19	Friday 13/09/19
A. Coconut Curry Chicken & Rice	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Macaroni Cheese	B. Chicken Kiev	B. Savoury Sausages	B. Sweet & Sour Fish with Rice	B. Bacon & Egg Pie

Monday 16/09/19	Tuesday 17/09/19	Wednesday 18/09/19	Thursday 19/09/19	Friday 20/09/19
A. Honey Soy 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**



# Meals on Wheels

## St Andrew's Townsville

Monday 23/09/19	Tuesday 24/09/19	Wednesday 25/09/19	Thursday 26/09/19	Friday 27/09/19
A. Beef Stroganoff	A. Shephard's Pie <b>GF</b>	A. Roast Chicken with Gravy	A. Braised Steak & Onion	A. Fish Cakes & Lemon with Mash Potato
B. Savoury Sausages	B. Sweet & Sour Pork with Rice	B. Beef Parmigiana	B. Macaroni Cheese	B. Beef Pie

Monday 30/09/19	Tuesday 01/10/19	Wednesday 02/10/19	Thursday 03/10/19	Friday 04/10/19
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 07/10/19	Tuesday 08/10/19	Wednesday 09/10/19	Thursday 10/10/19	Friday 11/10/19
<b>CLOSED QUEEN'S BIRTHDAY PUBLIC HOLIDAY</b>	A. Beef Ravioli	A. Roast Chicken & Gravy	A. Peach & Pepper Pork	A. Salmon & Dill Sauce with Rice
<b>FROZEN MEALS ONLY</b>	B. Chicken Schnitzel & Gravy	B. Vegetable Lasagne	B. Sweet & Sour Meatballs with Rice	B. Angus Beef Pie
Delivered on Friday 04/10/19				

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**



<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>

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**