



Meals on Wheels

St Andrew's Townsville

Monday 14/10/19	Tuesday 15/10/19	Wednesday 16/10/19	Thursday 17/10/19	Friday 18/10/19
A. Coconut Curried Chicken & Rice	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Braised Steak and Onion GF	A. Beef & Vegetable Pasties with Chips
B. Sausages & Gravy	B. Spinach & Feta Quiche	B. Braised Sausages	B. Sweet & Sour Pork with Rice	B. Crumbed Fish & Chips

Monday 21/10/19	Tuesday 22/10/19	Wednesday 23/10/19	Thursday 24/10/19	Friday 25/10/19
A. Traditional Beef Casserole	A. Apricot Chicken	A. Roast Lamb & Gravy	A. Homemade Beef Rissoles & Gravy	A. Bacon & Egg Pie
B. Chicken Parmigiana	B. Macaroni Cheese	B. Chicken Kiev	B. Sweet & Sour Fish with Rice	B. Crumbed Fish & Chips

Monday 28/10/19	Tuesday 29/10/19	Wednesday 30/10/19	Thursday 31/10/19	Friday 01/11/19
A. Satay Chicken & Rice	A. Spaghetti Bolognese	A. Corned Silverside with White Sauce	A. Beef Lasagne	A. Sausages & Gravy
B. Sweet & Sour Meatballs with Rice	B. Bacon & Zucchini Quiche	B. Chicken Parmigiana	B. Sweet & Sour Chicken	B. Crumbed Fish & Chips

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 04/11/19	Tuesday 05/11/19	Wednesday 06/11/19	Thursday 07/11/19	Friday 08/11/19
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 11/11/19	Tuesday 12/11/19	Wednesday 13/11/19	Thursday 14/11/19	Friday 15/11/19
A. Beef Curry & Rice	A. Chicken Parmigiana	A. Roast lamb & Gravy	A. Sausages & Gravy	A. Beef & Vegetable Pasties & Chips
B. Chicken Kiev with Gravy	B. Savoury Meatballs & Rice	B. Beef Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	B. Crumbed Fish & Chips

Monday 18/11/19	Tuesday 19/11/19	Wednesday 20/11/19	Thursday 21/11/19	Friday 22/11/19
A. Apricot Chicken	A. Beef Teriyaki & Rice	A. Roast Pork & Gravy	A. Peach & Pepper Pork	A. Salmon & Dill Sauce with Rice
B. Curried Sausages	B. Chicken Schnitzel & Gravy	B. Vegetable Lasagne	B. Sweet & Sour Meatballs with Rice	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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