



# Meals on Wheels

## St Andrew's Townsville

| Monday<br>25/11/19                   | Tuesday<br>26/11/19             | Wednesday<br>27/11/19        | Thursday<br>28/11/19                        | Friday<br>29/11/19                 |
|--------------------------------------|---------------------------------|------------------------------|---|------------------------------------|
| <b>A.</b> Beef & Vegetable Casserole | <b>A.</b> Apricot Chicken       | <b>A.</b> Roast Lamb & Gravy | <b>A.</b> Braised Steak and Onion <b>GF</b> | <b>A.</b> Crumbed Fish with Chips  |
| <b>B.</b> Chicken Sausages & Gravy   | <b>B.</b> Spinach & Feta Quiche | <b>B.</b> Braised Sausages   | <b>B.</b> Sweet & Sour Pork with Rice       | <b>B.</b> Beef & Vegetable Pasties |

| Monday<br>02/12/19                     | Tuesday<br>03/12/19      | Wednesday<br>04/12/19        | Thursday<br>05/12/19                     | Friday<br>06/12/19                |
|--|--------------------------|------------------------------|--|-----------------------------------|
| <b>A.</b> Coconut Curry Chicken & Rice | <b>A.</b> Shepherd's Pie | <b>A.</b> Roast Pork & Gravy | <b>A.</b> Homemade Beef Rissoles & Gravy | <b>A.</b> Crumbed Fish with Chips |
| <b>B.</b> Macaroni Cheese              | <b>B.</b> Chicken Kiev   | <b>B.</b> Savoury Sausages   | <b>B.</b> Sweet & Sour Fish with Rice    | <b>B.</b> Bacon & Egg Pie         |

| Monday<br>09/12/19                         | Tuesday<br>10/12/19               | Wednesday<br>11/12/19                        | Thursday<br>12/12/19           | Friday<br>13/12/19                        |
|--|-----------------------------------|--|--------------------------------|---|
| <b>A.</b> Honey Soy Chicken & Rice         | <b>A.</b> Spaghetti Bolognese     | <b>A.</b> Corned Silverside with White Sauce | <b>A.</b> Beef Lasagne         | <b>A.</b> Crumbed Fish with Tartare Sauce |
| <b>B.</b> Sweet & Sour Meatballs with Rice | <b>B.</b> Bacon & Zucchini Quiche | <b>B.</b> Chicken Parmigiana                 | <b>B.</b> Sweet & Sour Chicken | <b>B.</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<br>16/12/19 | Tuesday<br>17/12/19            | Wednesday<br>18/12/19                   | Thursday<br>19/12/19     | Friday<br>20/12/19                     |
|--------------------|--------------------------------|---|--------------------------|--|
| A. Beef Stroganoff | A. Shephard's Pie <b>GF</b>    | A. Roast Chicken & Honey Ham with Gravy | A. Braised Steak & Onion | A. Fish Cakes & Lemon with Mash Potato |
|                    |                                | CHRISTMAS LUNCH                         |                          |  |
| B. Savour Sausages | B. Sweet & Sour Pork with Rice | B. Beef Parmigiana                      | B. Macaroni Cheese       | B. Beef Pie                            |

| Monday<br>23/12/19         | Tuesday<br>24/12/19         | Wednesday<br>25/12/19                                | Thursday<br>26/12/19                                 | Friday<br>27/12/19                                   |
|----------------------------|-----------------------------|--|--|--|
| A. Beef Curry & Rice       | A. Chicken Parmigiana       | <b>CLOSED CHRISTMAS DAY</b>                          | <b>CLOSED BOXING DAY</b>                             | <b>CLOSED PUBLIC HOLIDAY</b>                         |
|                            |                             | <b>FROZEN MEALS ONLY</b>                             | <b>FROZEN MEALS ONLY</b>                             | <b>FROZEN MEALS ONLY</b>                             |
| B. Chicken Kiev with Gravy | B. Savoury Meatballs & Rice | <b>Delivered on Monday 23/12 or Tuesday 24/12/19</b> | <b>Delivered on Monday 23/12 or Tuesday 24/12/19</b> | <b>Delivered on Monday 23/12 or Tuesday 24/12/19</b> |

| Monday<br>30/12/19             | Tuesday<br>31/12/19       | Wednesday<br>01/01/20                                | Thursday<br>02/01/20                | Friday<br>03/01/20               |
|--------------------------------|---------------------------|--|-------------------------------------|----------------------------------|
| A. Chicken Schnitzel & Gravy   | A. Sausages & Gravy       | <b>CLOSED NEW YEARS DAY</b>                          | A. Peach & Pepper Pork              | A. Salmon & Dill Sauce with Rice |
|                                |                           | <b>FROZEN MEAL SALADS</b>                            |                                     |                                  |
| B. Sweet & Sour Pork with Rice | B. Beef Vegetable Pasties | <b>Delivered on Monday 30/12 or Tuesday 31/12/19</b> | 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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