



Meals on Wheels

St Andrew's Townsville

Monday 06/01/20	Tuesday 07/01/20	Wednesday 8/01/20	Thursday 9/01/20	Friday 10/01/20
A. Coconut Chicken Curried with Rice	A. Chicken Rissoles & Gravy	A. Roast Chicken with Gravy	A. Beef Lasagne	A. Crumbed Fish tartare sauce
B. Sweet & Sour Meatballs with Rice	B. Bacon & Zucchini Quiche	B. Braised Sausages	B. Sweet & Sour Chicken	B. Sausages & Gravy

Monday 13/01/20	Tuesday 14/01/20	Wednesday 15/01/20	Thursday 16/01/20	Friday 17/01/20
A. Beef Stroganoff	A. Shepherd's Pie GF	A. Roast Lamb & Gravy	A. Braised Steak & Onion	A. Fish Cakes & Lemon with Mash Potato
B. Chicken Kiev & Gravy	B. Sweet & Sour Pork with Rice	B. Crumbed Beef & Gravy	B. Macaroni Cheese	B. Bacon Pie

Monday 20/01/20	Tuesday 21/01/20	Wednesday 22/01/20	Thursday 23/01/20	Friday 24/01/20
A. Beef Curry & Rice	A. Chicken Parmigiana	A. Corned Silverside with White Sauce	A. Sausages & Gravy	A. Battered Fish & Chips
B. Chicken Kiev with Gravy	B. Savoury Sausages	B. Chicken Schnitzel & Gravy	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties

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 27/01/20	Tuesday 28/01/20	Wednesday 29/01/20	Thursday 30/01/20	Friday 31/01/20
CLOSED AUSTRALIA DAY FROZEN MEALS ONLY Delivered on FRIDAY 24/01/2020	A. Spaghetti Bolognaise B. Chicken Schnitzel & Gravy	A. Roast Pork & Gravy B. Vegetable Lasange	A. Peach & Pepper Pork B. Sweet & Sour Meatballs with Rice	A. Salmon & Dill Sauce with Rice B. Angus Beef Pie

Monday 03/02/20	Tuesday 04/02/20	Wednesday 05/02/20	Thursday 06/02/20	Friday 07/02/20
A. Beef Vegetable Casserole B. Sausages & Gravy	A. Apricot Chicken B. Spinach & Feta Quiche	A. Roast Lamb & Gravy B. Braised Sausages	A. Braised Steak and Onion GF B. Sweet & Sour Pork with Rice	A. Crumbed Fish with chips B. Beef & Vegetable Pasties

Monday 10/02/20	Tuesday 11/02/20	Wednesday 12/02/20	Thursday 13/02/20	Friday 14/02/20
A. Apricot Chicken B. Macaroni Cheese	A. Shepherd's Pie B. Chicken Kiev	A. Corned Silverside with White Sauce B. Chicken Sausages & Gravy	A. Homemade Beef Rissoles & Gravy B. Sweet & Sour Fish with Rice	A. Crumbed Fish with Chips B. Bacon & Egg 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 Bolognaise

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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