



Meals on Wheels

St Andrew's Townsville

Monday 30/03/20	Tuesday 31/03/20	Wednesday 01/04/20	Thursday 02/04/20	Friday 03/04/20
A. Coconut Chicken Curried with Rice	A. Chicken Rissoles & Gravy	A. Corned Silverside & White Sauce	A. Beef Lasagne	A. Crumbed Fish tartare sauce
B. Sweet & Sour Meatballs with Rice	B. Spinach & Feta Quiche	B. Braised Sausages	B. Basil Pesto Chicken	B. Beef Pies & Chips

Monday 06/04/20	Tuesday 07/04/20	Wednesday 08/04/20	Thursday 09/04/20	Friday 10/04/20
A. Beef Stroganoff	A. Shepherd's Pie GF	A. Roast Lamb & Gravy	A. Braised Steak & Onion	CLOSED GOOD FRIDAY
B. Chicken Kiev & Gravy	B. Sweet & Sour Pork with Rice	B. Crumbed Beef & Gravy	B. Macaroni Cheese	FROZEN MEALS ONLY
				Delivered on Wednesday 08/04/2020 & Thursday 09/04/2020

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



Monday 20/04/20	Tuesday 21/04/20	Wednesday 22/04/20	Thursday 23/04/20	Friday 24/04/20
A. Apricot Chicken with Mash Potato	A. Homemade Beef Rissoles & Gravy	A. Roast Lamb & Gravy	A. Beef Lasagne	A. Salmon & Dill Sauce with Rice
B. Italian Meatballs	B. Macaroni Cheese	B. Vegetable Lasagne	B. Sweet & Sour Chicken with Rice	B. Sausages & Gravy

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Monday 27/04/20	Tuesday 28/04/20	Wednesday 29/04/20	Thursday 30/04/20	Friday 01/05/20
A. Beef Curry with Rice	A. Chicken Kiev Gravy	A. Roast Pork & Gravy	A. Braised Steak & Onion GF	A. Crumbed Fish with Chips
B. Chicken Parmigiana	B. Spinach & Feta Quiche	B. Braised Sausages	B. Sweet & Sour Fish with Rice	B. Beef & Vegetable Pasties

Monday 04/05/20	Tuesday 05/05/20	Wednesday 06/05/20	Thursday 07/05/20	Friday 08/05/20
CLOSED LABOUR DAY	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
FROZEN MEALS ONLY				
Delivered on Friday 01/05/2020	B. Beef Sausages & Gravy	B. Macaroni Cheese	B. Sweet & Sour Chicken with Rice	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 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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