



# Meals on Wheels

## St Andrew's Townsville

Monday 11/05/20	Tuesday 12/05/20	Wednesday 13/05/20	Thursday 14/05/20	Friday 15/05/20
<b>A.</b> Coconut Chicken Curried with Rice	<b>A.</b> Chicken Rissoles & Gravy	<b>A.</b> Corned Silverside & White Sauce	<b>A.</b> Beef Lasagne	<b>A.</b> Crumbed Fish tartare sauce
<b>B.</b> Sweet & Sour Meatballs with Rice	<b>B.</b> Spinach & Feta Quiche	<b>B.</b> Braised Sausages	<b>B.</b> Basil Pesto Chicken	<b>B.</b> Beef Pies & Chips

Monday 18/05/20	Tuesday 19/05/20	Wednesday 20/05/20	Thursday 21/05/20	Friday 22/05/20
<b>A.</b> Beef Stroganoff	<b>A.</b> Shepherd's Pie GF	<b>A.</b> Roast Lamb & Gravy	<b>A.</b> Braised Steak & Onion	<b>A.</b> Crumbed Fish & Chip
<b>B.</b> Chicken Kiev & Gravy	<b>B.</b> Sweet & Sour Pork with Rice	<b>B.</b> Chicken Parmigiana	<b>B.</b> Macaroni Cheese	<b>B.</b> Bacon & Egg Pie

Monday 25/05/20	Tuesday 26/05/20	Wednesday 27/05/20	Thursday 28/05/20	Friday 29/05/20
<b>A.</b> Satay Chicken & Rice	<b>A.</b> Spaghetti Bolognaise	<b>A.</b> Roast Chicken & Gravy	<b>A.</b> Peach & Peppered Pork	<b>A.</b> Crumbed Fish & Chips
<b>B.</b> Sweet & Sour Fish with Rice	<b>B.</b> Savoury Sausages	<b>B.</b> Beef Schnitzel & Gravy	<b>B.</b> Chicken Schnitzel & Gravy	<b>B.</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



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Monday 01/06/20	Tuesday 02/06/20	Wednesday 03/06/20	Thursday 04/06/20	Friday 05/06/20
<b>A.</b> Apricot Chicken with Mash Potato	<b>A.</b> Homemade Beef Rissoles & Gravy	<b>A.</b> Roast lamb & Gravy	<b>A.</b> Beef Lasagne	<b>A.</b> Salmon & Dill Sauce with Rice
<b>B.</b> Italian Meatballs	<b>B.</b> Chicken Kiev & Gravy	<b>B.</b> Beef Parmigiana	<b>B.</b> Sweet & Sour Chicken with Rice	<b>B.</b> Sausages & Gravy

Monday 08/06/20	Tuesday 09/06/20	Wednesday 10/06/20	Thursday 11/06/20	Friday 12/06/20
<b>A.</b> Beef Curry with Rice	<b>A.</b> Chicken Kiev & Gravy	<b>A.</b> Roast Pork & Gravy	<b>A.</b> Braised Steak and Onion <b>GF</b>	<b>A.</b> Crumbed Fish with chips
<b>B.</b> Chicken Parmigiana	<b>B.</b> Spinach & Feta Quiche	<b>B.</b> Beef Sausages & Gravy	<b>B.</b> Sweet & Sour Chicken with Rice	<b>B.</b> Beef & Vegetable Pasties

Monday 15/06/20	Tuesday 16/06/20	Wednesday 17/06/20	Thursday 18/06/20	Friday 19/06/20
<b>A.</b> Beef & Vegetable Casserole	<b>A.</b> Shepherd's Pie	<b>A.</b> Roast Chicken & Gravy	<b>A.</b> Homemade Beef Rissoles & Gravy	<b>A.</b> Crumbed Fish with Chips
<b>B.</b> Chicken Kiev & Gravy	<b>B.</b> Chicken Sausages & Gravy	<b>B.</b> Macaroni Cheese	<b>B.</b> Sweet & Sour Pork with Rice	<b>B.</b> Bacon & Egg Pie

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<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 Bolognaise				
9. Braised Sausages & Gravy				
<b>CHICKEN</b>				
10. Roast Chicken <b>DF</b>				
11. Mild Curry Coconut Chicken <b>GDFD</b>				
12. Chicken Kiev				
13. Apricot Chicken <b>GDFD</b>				
<b>VEGETARIAN</b>				
14. Spinach & Feta Quiche <b>GF</b>				

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