



Meals on Wheels

St Andrew's Townsville

Monday 03/08/20	Tuesday 04/08/20	Wednesday 05/08/20	Thursday 06/08/20	Friday 07/08/20
A. Coconut Chicken Curried with Rice	A. Chicken Rissoles & Gravy	A. Roast Pork & Gravy	A. Beef Lasagne	A. Crumbed Fish tartare sauce
B. Sweet & Sour Meatballs with Rice	B. Spinach & Feta Quiche	B. Savoury Sausages	B. Basil Pesto Chicken	B. Beef Pies & Chips

Monday 10/08/20	Tuesday 11/08/20	Wednesday 12/08/20	Thursday 13/08/20	Friday 14/08/20
A. Beef & Red Wine Casserole	A. Shepherd's Pie GF	A. Roast Lamb & Gravy	A. Braised Steak & Onion	A. Fish Cakes & Mashed Potato
B. Chicken Kiev & Gravy	B. Sweet & Sour Pork with Rice	B. Chicken Parmigiana	B. Macaroni Cheese	B. Bacon & Egg Pie

Monday 17/08/20	Tuesday 18/08/20	Wednesday 19/08/20	Thursday 20/08/20	Friday 21/08/20
A. Chicken ala King	A. Spaghetti Bolognese	A. Roast Chicken & Gravy	A. Peach & Peppered Pork	A. Crumbed Fish & Chips
B. Braised Sausages	B. Savoury Meatballs	B. Beef Schnitzel & Gravy	B. Chicken Schnitzel & Gravy	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 24/08/20	Tuesday 25/08/20	Wednesday 26/08/20	Thursday 27/08/20	Friday 28/08/20
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. Chicken Kiev & Gravy	B. Beef Parmigiana	B. Sweet & Sour Chicken with Rice	B. Sausages & Gravy

Monday 31/08/20	Tuesday 01/09/20	Wednesday 02/09/20	Thursday 03/09/20	Friday 04/09/20
A. Beef Curry with Rice	A. Chicken Kiev & Gravy	A. Corned Silverside & White Sauce	A. Teriyaki Beef & Rice	A. Crumbed Fish with chips
B. Chicken Parmigiana	B. Spinach & Feta Quiche	B. Beef Sausages & Gravy	B. Sweet & Sour Chicken with Rice	B. Beef & Vegetable Pasties

Monday 07/09/20	Tuesday 08/09/20	Wednesday 09/09/20	Thursday 10/09/20	Friday 11/09/20
A. Beef & Vegetable Casserole	A. Shepherd's Pie	A. Roast Pork & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Chicken Kiev & Gravy	B. Braised Sausages	B. Macaroni Cheese	B. Sweet & Sour Pork with Rice	B. Beef Pie & Chips

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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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