



# Meals on Wheels

## St Andrew's Townsville

Monday 14/09/20	Tuesday 15/09/20	Wednesday 16/09/20	Thursday 17/09/20	Friday 18/09/20
<b>A.</b> Coconut Chicken Curried with Rice	<b>A.</b> Chicken Rissoles & Gravy	<b>A.</b> Roast Lamb & Gravy	<b>A.</b> Beef Lasagne	<b>A.</b> Crumbed Fish tartare sauce
<b>B.</b> Italian Meatballs	<b>B.</b> Spinach & Feta Quiche	<b>B.</b> Chicken Schnitzel & Gravy	<b>B.</b> Sweet & Sour Fish	<b>B.</b> Beef Pies & Chips

Monday 21/09/20	Tuesday 22/09/20	Wednesday 23/09/20	Thursday 24/09/20	Friday 25/09/20
<b>A.</b> Apricot Chicken	<b>A.</b> Shepherd's Pie GF	<b>A.</b> Silverside & White sauce	<b>A.</b> Braised Steak & Onion	<b>A.</b> Fish Cakes & Mashed Potato
<b>B.</b> Sweet & Sour Pork	<b>B.</b> Savour Meatball	<b>B.</b> Chicken Parmigiana	<b>B.</b> Chicken Sausages & Gravy	<b>B.</b> Bacon & Egg Pie

Monday 28/09/20	Tuesday 29/09/20	Wednesday 30/09/20	Thursday 01/10/20	Friday 02/10/20
<b>A.</b> Chicken ala king	<b>A.</b> Homemade Beef Rissoles & Gravy	<b>A.</b> Roast Pork & Gravy	<b>A.</b> Peach & Peppered Pork	<b>A.</b> Crumbed Fish & Chips
<b>B.</b> Braised Sausages	<b>B.</b> Chicken Kiev & Gravy	<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



# Meals on Wheels

## St Andrew's Townsville

Monday 05/10/20	Tuesday 06/10/20	Wednesday 07/10/20	Thursday 08/10/20	Friday 09/10/20
<b>CLOSED QUEEN'S BIRTHDAY</b>	A. Spaghetti Bolognaise	A. Roast Chicken & Gravy	A. Beef Lasagne	A. Salmon & Dill Sauce with Rice
<b>FROZEN MEALS ONLY</b>				
<b>Delivered on Friday 02/10/2020</b>	B. Sweet & Sour Pork	B. Beef Parmigiana	B. Savour Meatballs	B. Beef Pies

Monday 12/10/20	Tuesday 13/10/20	Wednesday 14/10/20	Thursday 15/10/20	Friday 16/10/20
A. Beef Stroganoff	A. Chicken Kiev & Gravy	A. Pickled Pork with Parsley 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 19/10/20	Tuesday 20/10/20	Wednesday 21/10/20	Thursday 22/10/20	Friday 23/10/20
A. Satay Beef Stir Fry	A. Shepherd's Pie	A. Roast Lamb & Gravy	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Chicken Kiev & Gravy	B. Chicken Sausages & Gravy	B. Macaroni Cheese	B. Sweet & Sour Pork with Rice	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 Bolognese
9. Braised Sausages & Gravy
<b>CHICKEN</b>
10. Roast Chicken <b>DF</b>
11. Mild Curry Coconut Chicken <b>GFDF</b>
12. Chicken Kiev
13. Apricot Chicken <b>GFDF</b>
<b>VEGETARIAN</b>
14. Spinach & Feta Quiche <b>GF</b>

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