



Meals on Wheels

St Andrew's Townsville

Monday 26/10/20	Tuesday 27/10/20	Wednesday 28/10/20	Thursday 29/10/20	Friday 30/10/20
A. Coconut Chicken Curried with Rice	A. Spaghetti Bolognese	A. Corned Silverside & White Sauce	A. Beef Lasagne	A. Fish Cakes
B. Italian Meatballs with Rice	B. Chicken Schnitzel & Gravy	B. Braised Sausages	B. Chicken Kiev & Gravy	B. Beef Pies & Chips

Monday 02/11/20	Tuesday 03/11/20	Wednesday 04/11/20	Thursday 05/11/20	Friday 06/11/20
A. Beef Stroganoff	A. Shepherd's Pie GF	A. Roast Lamb & Gravy	A. Braised Steak & Onion	A. Crumbed Fish & Chips
B. Chicken Parmigiana	B. Quiche Lorraine	B. Chicken & Mushroom Pot Pie	B. Macaroni Cheese	B. Swedish Meatballs

Monday 09/11/20	Tuesday 10/11/20	Wednesday 11/11/20	Thursday 12/11/20	Friday 13/11/20
A. Chicken ala king	A. Spaghetti Bolognese	A. Roast Chicken & Gravy	A. Pork & Vegetable Casserole	A. Tuna Bake
B. Savoury Meatballs	B. Sweet & Sour Pork	B. Beef Sausage & 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 16/11/20	Tuesday 17/11/20	Wednesday 18/11/20	Thursday 19/11/20	Friday 20/11/20
A. Curried Beef & Rice	A. Homemade Beef Rissoles & Gravy	A. Roast Lamb & Gravy	A. Beef Lasagne	A. Salmon & Dill Sauce with Rice
B. Sweet & Sour Pork	B. Chicken Kiev & Gravy	B. Chicken Parmigiana	B. Satay Chicken & Rice	B. Bacon & Egg Pie

Monday 23/11/20	Tuesday 24/11/20	Wednesday 25/11/20	Thursday 26/11/20	Friday 27/11/20
A. Apricot Chicken	A. Chicken Kiev & Gravy	A. Roast Pork & Gravy	A. Braised Steak and Onion GF	A. Battered Fish with chips
B. Crumbed Pork & Gravy	B. Sweet & Sour Pork	B. Chicken Rissoles & Gravy	B. Chicken Cacciatore	B. Curried Sausages & Rice

Monday 30/11/20	Tuesday 01/12/20	Wednesday 02/12/20	Thursday 03/12/20	Friday 04/12/20
A. Beef & Red Wine Casserole	A. Shepherd's Pie	A. Pickled Pork & Parsley Sauce	A. Homemade Beef Rissoles & Gravy	A. Crumbed Fish with Chips
B. Chicken Kiev & Gravy	B. Spinach & Fetta Quiche	B. Beef Schnitzel & Gravy	B. Sweet & Sour Pork with Rice	B. Beef Ravioli

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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 GDFD
12. Chicken Kiev
13. Apricot Chicken GDFD
VEGETARIAN
14. Spinach & Feta Quiche GF

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