



Meals on Wheels

St Andrew's Townsville

Week 4

Monday 18/01/21	Tuesday 19/01/21	Wednesday 20/01/21	Thursday 21/01/21	Friday 22/01/21
A. Coconut Curried Chicken with Rice	A. Spaghetti Bolognese	A. Roast Lamb and Gravy	A. Beef Lasagne	A. Fish Cakes
B. Sweet and Sour Pork with Rice	B. Chicken Schnitzel and Gravy	B. Macaroni Cheese	B. Chicken and Mushroom Pie	B. Beef Pie with Chips

Week 5

Monday 25/01/21	Tuesday 26/01/21	Wednesday 27/01/21	Thursday 28/01/21	Friday 29/01/21
A. Beef Stroganoff	CLOSED AUSTRALIA DAY	A. Roast Chicken and Gravy DFGF	A. Braised Steak and Onion GF	A. Crumbed Fish and Chips
B. Chicken Parmigiana	FROZEN MEAL SALADS Delivered on Monday 25/01/21	B. Quiche Lorraine	B. Chicken Kiev and Gravy	B. Italian Meatballs and Pasta

Week 6

Monday 01/02/21	Tuesday 02/02/21	Wednesday 03/02/21	Thursday 04/02/21	Friday 05/02/21
A. Chicken ala King	A. Spaghetti Bolognese	A. Roast Lamb & Gravy GFDF	A. Pork & Vegetable Casserole	A. Salmon and Vegetable Patties
B. Beef Sausages & Gravy GF	B. Chicken Rissoles and Gravy	B. Bacon and Egg Pie	B. Chicken Kiev & Gravy	B. Swedish Meatballs

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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Week 7

Monday 08/02/21	Tuesday 09/02/21	Wednesday 10/02/21	Thursday 11/02/21	Friday 12/02/21
A. Curried Beef and Rice	A. Spaghetti Bolognaise	A. Pickled Pork and Parsley Sauce	A. Beef Lasagne	A. Crumbed Fish
B. Chicken Parmigiana	B. Chicken Rissoles and Gravy	B. Beef Ravioli	B. Satay Chicken & Rice	B. Sweet and Sour Pork DF

Week 8

Monday 15/02/21	Tuesday 16/02/21	Wednesday 17/02/21	Thursday 18/02/21	Friday 19/02/21
A. Apricot Chicken GFDF	A. Shepherd's Pie GF	A. Roast Pork & Gravy GFDF	A. Braised Steak and Onion DF	A. Battered Fish with chips
B. Crumbed Pork & Creamy Mushroom Sauce	B. Braised Sausages GF	B. Chicken Cacciatore	B. Chicken Schnitzel & Gravy	B. Gnocchi Bolognaise

Week 9

Monday 22/02/21	Tuesday 23/02/21	Wednesday 24/02/21	Thursday 25/02/21	Friday 26/02/21
A. Beef and Red Wine Casserole	A. Chicken Kiev & Gravy	A. Silverside & White Sauce	A. Homemade Beef Rissoles & Gravy GF	A. Tuna Bake
B. Chicken Rissoles and Gravy	B. Curried Sausages	B. Chicken Parmigiana	B. Spinach and Fetta Quiche	B. Beef Pasties

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FROZEN MEALS
MEAT
1. Roast Pork DFGF
2. Sweet & Sour Pork DF
3. Beef Rissoles & Gravy GF
4. Roast Lamb GFDF
5. Shepherd's Pie GF
6. Beef Lasagna
7. Braised Steak GF
8. Spaghetti Bolognese
9. Braised Sausages & Gravy GF
CHICKEN
10. Roast Chicken DFGF
11. Mild Curry Coconut Chicken GFDF
12. Chicken Kiev
13. Apricot Chicken GF
VEGETARIAN
14. Spinach & Feta Quiche GF

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