



# Meals on Wheels

## St Andrew's Townsville

### Week 16

Monday 12/04/21	Tuesday 13/04/21	Wednesday 14/04/21	Thursday 15/04/21	Friday 16/04/21
A. Coconut Curried Chicken with Rice <b>GF</b>	A. Spaghetti Bolognese	A. Roast Lamb and Gravy <b>GF DF</b>	A. Beef Lasagne	A. Fish Cakes
B. Sweet and Sour Pork with Rice <b>DF</b>	B. Chicken Schnitzel and Gravy	B. Macaroni Cheese	B. Chicken and Mushroom Pie	B. Beef Pie with Chips

### Week 17

Monday 19/04/21	Tuesday 20/04/21	Wednesday 21/04/21	Thursday 22/04/21	Friday 23/04/21
A. Beef Stroganoff <b>GF</b>	A. Beef Rissoles & Gravy <b>GF</b>	A. Roast Chicken and Gravy <b>DF GF</b>	A. Pork & Vegetable Casserole <b>GF</b>	A. Crumbed Fish and Chips <b>DF</b>
B. Chicken Parmigiana	B. Apricot Chicken <b>GF</b>	B. Spinach & Fetta Quiche <b>GF</b>	B. Chicken Kiev & Gravy	B. Braised Sausages <b>GF</b>

### Week 18

Monday 26/04/21	Tuesday 27/04/21	Wednesday 28/04/21	Thursday 29/04/21	Friday 30/04/21
<b>CLOSED</b> <b>ANZAC DAY</b>	A. Shepherd's Pie	A. Roast Pork & Gravy <b>GF DF</b>	A. Braised Steak <b>GF</b>	A. Salmon and Vegetable Patties
	B. Sweet & Sour Pork	B. Chicken Rissoles & Gravy <b>GF</b>	B. Bacon & Egg Pie	B. Italian Meatballs & Pasta

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 19

Monday 03/05/21	Tuesday 04/05/21	Wednesday 05/05/21	Thursday 06/05/21	Friday 07/05/21
<p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>LABOUR DAY</b></p>	A. Spaghetti Bolognaise	A. Roast Lamb & Gravy <b>GF DF</b>	A. Coconut Curried Chicken & Rice	A. Crumbed Fish <b>DF</b>
	B. Chicken Kiev & Gravy	B. Swedish Meatballs <b>GF</b>	B. Braised Sausages	B. Sweet and Sour Pork <b>DF</b>

### Week 20

Monday 10/05/21	Tuesday 11/05/21	Wednesday 12/05/21	Thursday 13/05/21	Friday 14/05/21
A. Apricot Chicken <b>GF</b>	A. Shepherd's Pie	A. Roast Pork & Gravy <b>GF DF</b>	A. Braised Steak and Onion <b>DF</b>	A. Battered Fish & Chips
B. Crumbed Pork & Creamy Mushroom Sauce	B. Satay Chicken & Rice <b>GF</b>	B. Beef Lasagne	B. Coconut Curried Chicken & Rice <b>GF</b>	B. Beef Ravioli

### Week 21

Monday 17/05/21	Tuesday 18/05/21	Wednesday 19/05/21	Thursday 20/05/21	Friday 21/05/21
A. Beef in Red Wine <b>GF</b>	A. Chicken Kiev & Gravy	A. Silverside & White Sauce <b>GF</b>	A. Homemade Beef Rissoles & Gravy <b>GF</b>	A Tuna Bake
B. Pork & Plum Sauce with Rice	B. Curried Sausages & Rice <b>GF DF</b>	B. Chicken Parmigiana	B. Spinach and Fetta Quiche <b>GF</b>	B Beef Pasties

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

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