



Meals on Wheels

St Andrew's Townsville

ST Andrews Meals on Wheels Townsville Menu 2021 (24-May-21 to 05-July-21)

WEEK 22

Monday 24/05/21	Tuesday 25/05/21	Wednesday 26/05/21	Thursday 27/05/21	Friday 28/05/21
A. Coconut Curried Chicken with Rice GF	A. Spaghetti Bolognese	A. Roast Lamb and Gravy GF DF	A. Beef Lasagne	A. Fish Cakes
B. Sweet and Sour Pork with Rice DF	B. Chicken Schnitzel and Gravy	B. Curried Sausages GF	B. Chicken and Mushroom Pie	B. Beef Pie with Chips DF

WEEK 23

Monday 31/05/21	Tuesday 01/06/21	Wednesday 02/06/21	Thursday 03/06/21	Friday 04/06/21
A. Beef Stroganoff GF	A. Beef Rissoles & Gravy GF	A. Roast Chicken and Gravy DF GF	A. Pork & Vegetable Casserole GF	A. Crumbed Fish and Chips DF
B. Chicken Parmigiana	B. Tuscan Chicken GF	B. Italian Meatballs & Pasta	B. Spinach & Fetta Quiche	B. Braised Sausages GF



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WEEK 24

Monday 07/06/21	Tuesday 08/06/21	Wednesday 09/06/21	Thursday 10/06/21	Friday 11/06/21
A. Chicken ala King GF	A. Shepherd's Pie GF	A. Roast Pork & Gravy GF DF	A. Braised Steak GF	A. Salmon and Vegetable Patties
B. Beef Sausages & Gravy GF	B. Sweet & Sour Pork DF	B. Apricot Chicken GF	B. Bacon & Egg Pie DF	B. Chicken Cacciatore & Pasta

WEEK 25

Monday 14/06/21	Tuesday 15/06/21	Wednesday 16/06/21	Thursday 17/06/21	Friday 18/06/21
A. Beef in Red Wine GF	A. Spaghetti Bolognese	A. Roast Lamb & Gravy GF DF	A. Coconut Curried Chicken & Rice	A. Crumbed Fish DF
B. Chicken Parmigiana	B. Chicken Kiev & Gravy	B. Swedish Meatballs GF	B. Beef Lasagne	B. Sweet and Sour Pork DF



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WEEK 26

Monday 21/06/21	Tuesday 22/06/21	Wednesday 23/06/21	Thursday 24/06/21	Friday 25/06/21
A. Apricot Chicken GF	A. Shepherd's Pie GF	A. Silverside & White Sauce GF	A. Braised Steak and Onion DF	A. Battered Fish & Chips DF
B. Crumbed Pork & Creamy Mushroom Sauce	B. Satay Chicken & Rice GF	B. Chicken Rissoles & Gravy	B. Macaroni Cheese	B. Beef Ravioli

WEEK 27

Monday 28/06/21	Tuesday 29/06/21	Wednesday 30/06/21	Thursday 01/07/21	Friday 02/07/21
A. Curried Beef & Rice GF DF	A. Chicken Kiev & Gravy	A. Roast Pork & Gravy GF DF	A. Homemade Beef Rissoles & Gravy GF	A Tuna Bake
B. Chicken & Plum Sauce with Rice GF DF	B. Braised Sausages GF	B. Spinach and Fetta Quiche GF	B. Pork Schnitzel & Gravy	B Beef Pasties DF



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**