



Meals on Wheels

St Andrew's Townsville

ST Andrews Meals on Wheels Townsville Menu 2021 (16-Aug-21 to 24-Sep-21)

WEEK 34

Monday 16/08/21	Tuesday 17/08/21	Wednesday 18/08/21	Thursday 19/08/21	Friday 20/08/21
A. Chicken ala King GF	A. Spaghetti Bolognese	A. Roast Lamb and Gravy GF DF	A. Beef Lasagne	A. Fish Cakes
B. Pork Schnitzel & Gravy	B. Swedish Meatballs GF	B. Curried Sausages GF	B. Chicken and Mushroom Pot Pie	B. Beef Pie & Chips DF

WEEK 35

Monday 23/08/21	Tuesday 24/08/21	Wednesday 25/08/21	Thursday 26/08/21	Friday 27/08/21
A. Beef in Red Wine GF	A. Beef Rissoles & Gravy GF	A. Roast Chicken and Gravy GF DF	A. Braised Steak & Onion GF	A. Crumbed Fish and Chips DF
B. Sweet & Sour Pork and Rice DF	B. Satay Chicken & Rice GF	B. Italian Meatballs & Pasta	B. Spinach & Fetta Quiche GF	B. Apricot Chicken GF



Meals on Wheels

St Andrew's Townsville

WEEK 36

Monday 30/08/21	Tuesday 31/08/21	Wednesday 01/09/21	Thursday 02/09/21	Friday 03/09/21
A. Coconut Curried Chicken & Rice GF	A. Shepherd's Pie GF	A. Roast Pork & Gravy GF DF	A. Meatloaf & Onion Gravy GF	A. Salmon & Vegetable Patties
B. Pork Schnitzel & Mushroom Sauce	B. Chicken Kiev & Gravy	B. Braised Sausages GF	B. Chicken Cacciatore & Pasta	B. Chicken & Plum Sauce with Rice GF

WEEK 37

Monday 06/09/21	Tuesday 07/09/21	Wednesday 08/09/21	Thursday 09/09/21	Friday 10/09/21
A. Spaghetti Bolognese	A. Beef Stroganoff GF	A. Roast Lamb & Gravy GF DF	A. Pickled Pork & Mustard Sauce GF	A. Crumbed Fish & Chips DF
B. Pork Sausages & Gravy GF	B. Chicken Parmigiana	B. Bacon & Egg Pie	B. Beef Lasagne	B. Tuscan Chicken GF



Meals on Wheels

St Andrew's Townsville

WEEK 38

Monday 13/09/21	Tuesday 14/09/21	Wednesday 15/09/21	Thursday 16/09/21	Friday 17/09/21
A. Apricot Chicken GF	A. Beef Rissoles & Gravy GF	A. Silverside & White Sauce GF	A. Braised Steak GF	A. Battered Fish & Chips DF
B. Beef Sausages & Gravy GF	B. Chicken in Plum Sauce & Rice GF DF	B. Coconut Curried Chicken & Rice GF	B. Herb & Cheese Chicken	B. Spinach & Fetta Quiche GF

WEEK 39

Monday 20/09/21	Tuesday 21/09/21	Wednesday 22/09/21	Thursday 23/09/21	Friday 24/09/21
A. Curried Beef & Rice GF DF	A. Chicken Kiev & Gravy	A. Roast Pork & Gravy GF DF	A. Chicken Rissoles & Gravy GF	A. Tuna Bake
B. Sweet & Sour Pork & Rice DF	B. Shepherd's Pie GF	B. Beef Ravioli	B. Braised Sausages GF	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 **GF**

12. Chicken Kiev

13. Apricot Chicken **GF**

VEGETARIAN

14. Spinach & Feta Quiche **GF**