



Meals on Wheels

St Andrew's Townsville

St. Andrews Meals on Wheels Townsville Menu 2021 (27-09-21 to 07-Nov-21)

WEEK 40

Monday 27/09/21	Tuesday 28/09/21	Wednesday 29/09/21	Thursday 30/09/21	Friday 01/10/21
A. Chicken ala King GF	A. Spaghetti Bolognese	A. Roast Lamb & Gravy GF DF	A. Beef Lasagne	A. Fish Cakes
B. Swedish Meatballs GF	B. Pork Sausages & Gravy GF	B. Chicken & Mushroom Pot Pie	B. Apricot Chicken GF	B. Beef Pie & Chips DF

WEEK 41

Monday 04/10/21 PUBLIC HOLIDAY	Tuesday 05/10/21	Wednesday 06/10/21	Thursday 07/10/21	Friday 08/10/21
QUEENS BIRTHDAY	A. Beef Rissoles & Gravy GF	A. Roast Chicken & Gravy GF DF	A. Braised Steak & Onion GF	A. Crumbed Fish & Chips DF
	B. Sweet & Sour Pork DF	B. Spinach & Fetta Quiche GF	B. Italian Meatballs & Pasta	B. Curried Sausages GF

WEEK 42

Monday 11/10/21	Tuesday 12/10/21	Wednesday 13/10/21	Thursday 14/10/21	Friday 15/10/21
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 & Gravy DF	B. Chicken Kiev & Gravy	B. Braised Sausages GF	B. Chicken Cacciatore & Pasta	B. Chicken in Plum Sauce with Rice GF DF



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WEEK 43

Monday 18/10/21	Tuesday 19/10/21	Wednesday 20/10/21	Thursday 21/10/21	Friday 22/10/21
A. Spaghetti Bolognese	A. Beef Stroganoff GF	A. Roast Lamb & Gravy GF DF	A. Pickled Pork & Mustard Sauce GF	A. Crumbed Fish & Chips
B. Herb & Cheese Chicken GF	B. Chicken Parmigiana	B. Bacon & Egg Pie	B. Beef Lasagne	B. Shepherd's Pie GF

WEEK 44

Monday 25/10/21	Tuesday 26/10/21	Wednesday 27/10/21	Thursday 28/10/21	Friday 29/10/21
A. Apricot Chicken GF	A. Beef Rissoles & Gravy GF	A. Silverside & White Sauce GF	A. Braised Steak & Onion GF	A. Grilled Fish GF
B. Sweet & Sour Pork with Rice DF	B. Coconut Curried Chicken & Rice GF	B. Spinach & Fetta Quiche GF	B. Tuscan Chicken GF	B. Beef Pastie & Chips DF

WEEK 45

Monday 01/11/21	Tuesday 02/11/21	Wednesday 03/11/21	Thursday 04/11/21	Friday 05/11/21
A. Chicken Kiev & Gravy	A. Curried Beef & Rice GF	A. Roast Pork & Gravy GF DF	A. Chicken Rissoles & Gravy GF	A. Tuna Bake
B. Shepherd's Pie GF	B. Pork Schnitzel & Mushroom Sauce	B. Beef Ravioli	B. Braised Sausages GF	B. Satay Chicken & Rice GF



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 Lasagne

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**