



Meals on Wheels

St Andrew's Townsville

St. Andrews Meals on Wheels Townsville Menu 2021 (08-Nov-21 to 19-Dec-21) Weeks 46 – 51.

WEEK 46

Monday 08/11/21	Tuesday 09/11/21	Wednesday 10/11/21	Thursday 11/11/21	Friday 12/11/21
A. Chicken a-la 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. Satay Chicken & Rice GF	B. Beef Pie & Chips DF

WEEK 47

Monday 15/11/21	Tuesday 16/11/21	Wednesday 17/11/21	Thursday 18/11/21	Friday 19/11/21
A. Beef in Red Wine GF	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 & Rice DF	B. Apricot Chicken GF	B. Curried Sausages GF	B. Tuscan Chicken GF	B. Spinach & Fetta Quiche GF

WEEK 48

Monday 22/11/21	Tuesday 23/11/21	Wednesday 24/11/21	Thursday 25/11/21	Friday 26/11/21
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	B. Chicken Kiev & Gravy	B. Beef Ravioli	B. Chicken in Plum Sauce with Rice GF DF	B. Braised Sausages GF



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WEEK 49

Monday 29/11/21	Tuesday 30/11/21	Wednesday 01/12/21	Thursday 02/12/21	Friday 03/12/21
A. Spaghetti Bolognese	A. Chicken Sausages & Gravy GF	A. Roast Lamb & Gravy GF DF	A. Pickled Pork & Mustard Sauce GF	A. Battered Fish & Chips DF
B. Chicken Rissoles & Gravy GF	B. Bacon & Egg Pie	B. Chicken Parmigiana	B. Beef Lasagne	B. Mexican Beef & Rice GF

WEEK 50

Monday 06/12/21	Tuesday 07/12/21	Wednesday 08/12/21	Thursday 09/12/21	Friday 10/12/21
A. Apricot Chicken GF	A. Beef Rissoles & Gravy GF	A. Silverside & White Sauce GF	A. Braised Steak & Onion GF	A. Grilled Fish GF
B. Beef Sausages & Gravy GF	B. Chicken Cacciatore & Pasta	B. Spinach & Fetta Quiche GF	B. Sweet & Sour Pork & Rice	B. Beef Pastie & Chips DF

WEEK 51

Monday 13/12/21	Tuesday 14/12/21	Wednesday 15/12/21	Thursday 16/12/21	Friday 17/12/21
A. Pork Schnitzel & Mushroom Sauce	A. Chicken Rissoles & Gravy GF	A. Xmas Lunch Roast Turkey & Ham with Gravy GF DF	A. Beef Stroganoff GF	A. Tuna Bake
B. Coconut Curried Chicken & Rice GF	B. Shepherd's Pie GF	B. Beef Ravioli	B. Chicken Kiev & Gravy	B. Herb & Cheese Chicken 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 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**