



Meals on Wheels

St Andrew's Townsville

St. Andrews Meals on Wheels Townsville Menu 2022 (31/1/2022 – 11/3/2022) Weeks 06 - 11.

WEEK 06

Monday 31/01/22	Tuesday 01/02/22	Wednesday 02/02/22	Thursday 03/02/22	Friday 04/02/22
A. Chicken a-la King GF	A. Spaghetti Bolognese	A. Roast Lamb & Gravy GF DF	A. Pickled Pork & Mustard Sauce GF	A. Fish Cakes
B. Beef Ravioli	B. Spinach & Fetta Quiche GF	B. Chicken in Plum Sauce GF DF	B. Beef Lasagne	B. Chicken Sausages & Gravy GF

WEEK 07

Monday 07/02/22	Tuesday 08/02/22	Wednesday 09/02/22	Thursday 10/02/22	Friday 11/02/22
A. Curried Sausages & Rice GF	A. Beef Rissoles & Gravy GF	A. Roast Chicken GF DF	A. Braised Steak & Onion GF	A. Crumbed Fish & Chips GF DF
B. Pork Schnitzel & Gravy	B. Apricot Chicken GF	B. Italian Meatballs & Pasta	B. Chicken & Mushroom Pot Pie	B. Beef Pie & Chips DF



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WEEK 08

Monday 14/02/22	Tuesday 15/02/22	Wednesday 16/02/22	Thursday 17/02/22	Friday 18/02/22
A. Coconut Curried Chicken & Rice GF B. Beef Sausages & Onion Gravy	A. Beef in Red Wine GF B. Spinach & Fetta Quiche GF	A. Roast Pork & Gravy GF DF B. Chicken Parmigiana	A. Shepherd's Pie GF B. Sweet and Sour Pork DF	A. Salmon & Vegetable Patties B. Chicken Kiev & Gravy

WEEK 09

Monday 21/02/22	Tuesday 22/02/22	Wednesday 23/02/22	Thursday 24/02/22	Friday 25/02/22
A. Chicken in Plum Sauce & Rice GF DF B. Pork Schnitzel & Mushroom Sauce	A. Spaghetti Bolognese B. Chicken Rissoles & Gravy GF	A. Silverside & White Sauce GF B. Lasagne	A. Meatloaf & Onion Gravy GF B. Satay Chicken & Rice GF	A. Battered Fish & Chips DF B. Mexican Beef & Rice GF



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WEEK 10

WEEK 11				
Monday 07/03/22	Tuesday 08/03/22	Wednesday 09/03/22	Thursday 10/03/22	Friday 11/03/22
A. Coconut Curried Chicken & Rice GF B. Sweet & Sour Pork & Rice DF	A. Beef Stroganoff GF B. Chicken Kiev & Gravy	A. Roast Pork & Gravy GF DF B. Braised Sausages GF	A. Shepherd's Pie GF B. Herb & Cheese Chicken GF	A. Tuna Bake B. Swedish Meatballs



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**