St. Andrews Meals on Wheels Townsville Menu 2022 (25-Apr-22 to 03-Jun-22) Weeks 18-23

**WEEK 18**

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| **Monday**  **25/04/22** | **Tuesday**  **26/04/22** | **Wednesday**  **27/04/22** | **Thursday**  **28/04/22** | | **Friday**  **29/04/22** |
| **PUBLIC HOLIDAY**  **ANZAC DAY**    **For today’s meal - Please order the week before.** | 1. Chicken Ala King **GF** 2. Tortellini with Spinach & Ricotta Napoli Sauce | 1. Corned Beef with white parsley sauce **GF** 2. Pork Sausages with Herb Gravy **GF** | 1. Apricot Chicken **GF** 2. Italian Beef Meatballs with Tuscan Sauce | 1. Crumbed Fish with Tartare sauce 2. Beef Pie with Chips | |
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**WEEK 19**

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| **Monday**  **02/05/22** | **Tuesday**  **03/05/22** | **Wednesday**  **04/05/22** | **Thursday**  **05/05/22** | **Friday**  **06/05/22** |
| **PUBLIC HOLIDAY**  **LABOR DAY** | 1. Chicken Kiev with Delicate Chicken Gravy 2. Sweet N Sour Pork with Rice | 1. Roast Lamb with Gravy & Mint Jelly **GF** 2. Braised Sausages **GF** | 1. Beef Vindaloo with Rice **GF** 2. Chicken Parmigiana | 1. Grilled Fish with Lemon & Herb Sauce 2. Spinach & Fetta Quiche **GF** |
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**WEEK 20**

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| **Monday**  **09/05/22** | **Tuesday**  **10/05/22** | **Wednesday**  **11/05/22** | **Thursday**  **12/05/22** | **Friday**  **13/05/22** |
| 1. Curried Coconut Chicken with Rice **GF** 2. Pork Schnitzel with Mushroom Sauce | 1. Shepherd’s Pie **GF** 2. Chicken Schnitzel & Dianne Sauce | 1. Roast Chicken with Gravy **GF** 2. Bacon & Egg Pie | 1. Pork Sage Rissoles with Roasted Pear Sauce **GF** 2. Curried Beef Sausages **GF** | 1. Fish Cakes with Tartare Sauce 2. Chicken with Plum Sauce **GF** |
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**WEEK 21**

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| **Monday**  **16/05/22** | **Tuesday**  **17/05/22** | **Wednesday**  **18/05/22** | **Thursday**  **19/05/22** | **Friday**  **20/05/22** |
| 1. Chicken Rissoles with Gravy **GF** 2. Beef Ravioli with Napoli Sauce | 1. Savoury Sausages with Pineapple **GF** 2. Apricot Chicken **GF** | 1. Roast Pork with Gravy & Apple Sauce **GF** 2. Butter Chicken with Rice **GF** | 1. Satay Pork W/ Rice **GF** 2. Vegetable Lasagne | 1. Salmon Cakes with Hollandaise Sauce 2. Baked Herb & Cheese Chicken **GF** |
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**WEEK 22**

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| **Monday**  **23/05/22** | **Tuesday**  **24/05/22** | **Wednesday**  **25/05/22** | **Thursday**  **26/05/22** | **Friday**  **27/05/22** |
| 1. Beef Sausages with Onion Gravy **GF** 2. Grilled Fish with Lemon Butter Sauce **GF** | 1. Spaghetti Bolognese 2. Sweet N Sour Pork with Rice | 1. Corned Beef with Parsley White Sauce **GF** 2. Chicken Mushroom Pot Pie | 1. Braised Steak **GF** 2. Tuscan Beef Lasagne | 1. Pork Schnitzel with Gravy 2. Crumbed Fish with Tartare Sauce |
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**WEEK 23**

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| **Monday**  **30/05/22** | **Tuesday**  **31/05/22** | **Wednesday**  **01/06/22** | **Thursday**  **02/06/22** | **Friday**  **03/06/22** |

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| 1. Shepherd’s Pie **GF** 2. Italian Meat Balls with Napoli Sauce | 1. Beef Rissoles with Onion Gravy **GF** 2. Chicken Ala King **GF** | 1. Pickled Pork with Mustard Sauce **GF** 2. Beef Stroganoff **GF** | 1. Coconut Curried Chicken with Rice **GF** 2. Pork Dianne Pie | 1. Fish Cakes with Tartare Sauce 2. Beef Pastie with Chips |

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| **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. Corned Beef and White sauce |
| 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** |