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

**WEEK 18**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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
 |
|  |  |  |  |  |
|  |  |  |  |  |

**WEEK 19**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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**
 |
|  |  |  |  |  |
|  |  |  |  |  |

**WEEK 20**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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**
 |
|  |  |  |  |  |
|  |  |  |  |  |

**WEEK 21**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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**
 |
|  |  |  |  |  |
|  |  |  |  |  |

**WEEK 22**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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
 |
|  |  |  |  |  |
|  |  |  |  |  |

**WEEK 23**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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
 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |

|  |
| --- |
| **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** |