



Meals on Wheels

St Andrew's Townsville

Week 37

Return Menu by 04/09/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
11/09/2023	12/09/2023	13/09/2023	14/09/2023	15/09/2023
A. Sweet n sour battered pork pieces with rice	A. Classic apricot chicken GF	A. Corned beef & white parsley sauce GF	A. Beef stroganoff with mushrooms GF	A. Crumbed fish & tartare sauce
B. Beef sausages & tomato, onion gravy GF	B. Baked fish & dill lemon butter GF	B. Shepherd's pie GF	B. Chinese battered lemon chicken on rice	B. Beef Vindaloo & rice GF

Week 38

Return Menu by 11/09/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
18/09/2023	19/09/2023	20/09/2023	21/09/2023	22/09/2023
A. Pork schnitzel & gravy	A. Beef rissoles with onion gravy GF	A. Roast lamb with gravy, mint sauce GF	A. Spaghetti Bolognese & parmesan cheese	A. Baked fish & lemon dill butter sauce GF
B. Classic Apricot chicken on mash GF	B. Authentic chicken cacciatore GF	B. Battered pork pieces with sweet n sour sauce	B. Swedish beef meatballs on mash GF	B. Asparagus & chicken quiche



Meals on Wheels

St Andrew's Townsville

Week 39

Return Menu by 18/09/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
25/09/2023	26/09/2023	27/09/2023	28/09/2023	29/09/2023
A. Coconut curried chicken on rice GF	A. Beef schnitzel with golden gravy	A. Roast chicken & gravy GF	A. Beef rissoles & onion gravy GF	A. Baked fish & sweet n sour sauce on rice GF
B. Italian meatballs with Tuscan sauce & parmesan on pasta	B. Tuscan chicken GF	B. Spinach Danish fetta sundried tomato quiche GF	B. Tuna bake	B. Chicken parmigiana

Week 40

Return Menu by 25/09/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/10/2023	03/10/2023	04/10/2023	5/10/2023	06/10/2023
A. Chicken & mushroom pot pie	A. Beef ravioli with Napoli sauce & parmesan cheese	A. Roast pork, gravy, apple sauce GF	A. Coconut curried chicken on rice GF	A. Farmhouse beef pie n peas
B. Curried beef sausages GF	B. Baked chicken with lemon myrtle spices GF	B. Fish cakes & tartare sauce	B. Beef schnitzel with a mild peppercorn sauce	B. Baked fish & hollandaise sauce GF



Meals on Wheels

St Andrew's Townsville

Week 41

Return Menu 02/10/2023

by PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/10/2023	10/10/2023	11/10/2023	12/10/2023	13/10/2023
A. Braised steak & onions GF	A. Indian butter chicken on rice GF	A. Roast lamb & gravy, mint sauce GF	A. Our chicken rissoles with gravy GF	A. Our slow cooked lamb pie
B. Chicken Kiev	B. Baked fish lemon butter sauce GF	B. Diced steak, mushroom goulash GF	B. Salmon patties with dill hollandaise sauce	B. Malaysian beef satay on rice GF

Week 42

Return Menu by 09/10/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
16/10/2023	17/10/2023	18/10/2023	19/10/2023	20/10/2023
A. Shepherds pie GF	A. Spaghetti Bolognese with parmesan cheese	A. Pickled pork & seeded mustard sauce GF	A. Pork pear and sage rissoles with gravy GF	A. Baked fish & lime pepper dusting GF
B. Braised beef sausages GF	B. Baked chicken with garlic herb butter GF	B. Battered fish cocktails with sweet n sour sauce	B. Curried beef on mash GF	B. Tuscan beef lasagne



Meals on Wheels

St Andrew's Townsville

FROZEN MEALS		
NAME:	RUN:	DATE:
MEAT		
1. Roast Pork DF / GF		
2. Sweet & Sour Pork DF		
3. Beef Rissoles & Gravy GF		
4. Roast Lamb DF / GF		
5. Shepherd's Pie GF		
6. Beef Lasagna		
7. Braised Steak GF		
8. Corned Beef and White sauce GF		
9. Braised Beef Sausages & Gravy GF		
CHICKEN		
10. Roast Chicken DF / GF		
11. Mild Curry Coconut Chicken GF		
12. Chicken Schnitzel & Gravy		
13. Apricot Chicken GF		
VEGETARIAN		
14. Spinach, Sun Dried Tomato & Fetta Quiche GF		

DF – Dairy Free - GF Gluten Free