



# Meals on Wheels

## St Andrew's Townsville

### Week 43

Return Menu by 16/10/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
23/10/2023	24/10/2023	25/10/2023	26/10/2023	27/10/2023
A. Classic Apricot chicken GF	A Sweet n sour battered pork on rice GF	A. Corned beef & white parsley sauce GF	A. Chicken Kiev	A. Crumbed fish & tartare sauce
B. Italian beef meatballs with Tuscan sauce & parmesan cheese on pasta	B. Indian beef Vindaloo on Mash GF	B. Salmon patties & dill hollandaise sauce	B. Beef rissoles and onion gravy GF	B. Malaysian satay pork on rice GF

### Week 44

Return Menu by 23/10/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
30/10/2023	31/10/2023	1/11/2023	2/11/2023	3/11/2023
A. Traditional beef casserole GF DF	A. Beef croquettes	A. Roast pork, gravy with apple sauce GF DF	A. Shepherds pie GF	A. Baked fish with parmesan herb crusted crust
B. Chicken schnitzel & gravy	B. Asian plum chicken on rice GF DF	B. Spinach Danish fetta sundried tomato quiche GF	B. Chinese battered lemon chicken on rice GF	B. Our slow cooked lamb with minted peas



# Meals on Wheels

## St Andrew's Townsville

### Week 45

Return Menu by 30/10/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
6/11/2023	07/11/2023	08/11/2023	09/11/2023	10/11/2023
A. Shepherds pie GF	A. Chicken ala King GF	A. Roast lamb & gravy with mint sauce GF DF	A. Pork & pear and sage rissoles with gravy GF DF	A. Battered fish cocktails with sweet n sour sauce on rice
B. Pork schnitzel & herbed gravy	B. Fish cakes & dill, hollandaise sauce	B. Swedish meatballs on mash	B Creamy chicken penne	B. Beef stroganoff with mixed mushrooms on mash GF

### Week 46

Return Menu by 6/11/2023

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
13/11/2023	14/11/2023	15/11/2023	16/11/2023	17/11/2023
A. Battered pork & sweet n sour sauce on rice GF DF	A. Beef ravioli with Napoli sauce & parmesan cheese	A. Roast chicken & gravy GF DF	A. Beef sausages with tomato onion gravy GF	A. Baked fish with lemon dill butter sauce GF
B. Honey soy chicken on rice GF DF	B. Authentic chicken Cacciatore GF	B. Baked fish with Dukka spices GF	B. Tuna bake	B Asparagus & chicken quiche



# Meals on Wheels

## St Andrew's Townsville

### Week 47

### Return Menu 13/11/2023

by PH 07 4728 1204

Monday 09/11/2023	Tuesday 10/11/2023	Wednesday 11/11/2023	Thursday 12/11/2023	Friday 13/11/2023
A. Country chicken & mushroom pot pie	A. Spaghetti bolognaise & parmesan cheese	A. Pickled pork with mustard sauce GF	A. Coconut curried chicken GF	A. Crumbed fish & tartare sauce
B. Curried beef sausages and mash GF	B. Beef schnitzel & mild peppercorn sauce	B. Baked fish lemon dill butter sauce GF	B. Braised steak & onions	B. Tuscan beef lasagne

### Week 48

### Return Menu by 9/11/2023

PH 07 4728 1204

Monday 16/11/2023	Tuesday 17/11/2023	Wednesday 18/11/2023	Thursday 19/11/2023	Friday 20/11/2023
A. Braised steak & onions GF	A. Indian butter chicken on rice GF	A. Roast lamb, gravy, and mint sauce GF DF	A. Our chicken rissoles with gravy GF DF	A. Salmon patties with dill hollandaise sauce
B. Chicken Kiev	B. Italian meatballs on spaghetti with parmesan cheese	B. Baked fish with lime pepper dusting GF	B. Beef goulash on mash GF	B. Our farmhouse beef pie & mushy peas



# Meals on Wheels

## St Andrew's Townsville

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

**DF – Dairy Free - GF Gluten Free**