



Meals on Wheels

St Andrew's Townsville

Week 09

Return Menu by 19/02/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
26/02/2024	27/02/2024	28/02/2024	29/02/2024	01/03/2024
A. Traditional beef casserole GF	A Coconut curried chicken on rice GF	A. Roast pork with gravy & apple sauce GF	A. Braised steak & onions GF	A. Baked barramundi with lime pepper dusting on potato gems GF
B. Chicken schnitzel with golden gravy	B. Beef pastie	B. Beef sausages & tomato onion gravy GF	B. Classic apricot chicken GF	B. Pork pear & sage rissoles with gravy GF

Week 10

Return Menu by 26/02/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
04/03/2024	05/03/2024	06/03/2024	07/03/2024	08/03/2024
A. Shepherds pie GF	A. Battered pork & sweet n sour sauce on rice	A. Corned beef with white parsley sauce GF	A. Chicken ala king on mash GF	A Crumbed fish & tartare on potato gems.
B. Chicken Kiev with our garlic butter	B. Indian beef vindaloo on rice GF	B. Authentic chicken cacciatore GF	B. Our farmhouse beef mince pie with mushy peas	B. Malaysian satay beef on rice GF



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Week 11

Return Menu by 04/03/2024

PH 07 4728 1204

Monday 11/03/2024	Tuesday 12/03/2024	Wednesday 13/03/2024	Thursday 14/03/2024	Friday 15/03/2024
A. Spaghetti bolognese with parmesan cheese	A. Chicken & mushroom pot pie	A. Roast lamb & gravy with mint sauce GF	A. Creamy bacon chicken penne	A. Baked fish with lemon butter sauce GF
B. Roasted chicken & asparagus with hollandaise sauce GF	B. Braised beef sausages GF	B. Beef croquettes with golden gravy	B. Beef rissoles & onion gravy GF	B. Tuscan lasagne

Week 12

Return Menu by 11/03/2024

PH 07 4728 1204

Monday 18/03/2024	Tuesday 19/03/2024	Wednesday 20/03/2024	Thursday 21/03/2024	Friday 22/03/2024
A. Classic apricot chicken GF	A. Shepherds pie GF	A. Roast chicken & gravy GF	A. Beef stroganoff with mushrooms GF	A. Battered fish cocktails & sweet n sour sauce on rice
B. Beef ravioli with Napoli sauce and parmesan cheese	B. Mexican meat balls on rice GF	B. Curried beef sausages on mash GF	B. Salmon patties with dill & hollandaise sauce	B. Tuscan chicken on mash GF



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Week 13

Return Menu 18/03/2024

by PH 07 4728 1204

Monday 25/03/2024	Tuesday 26/03/2024	Wednesday 27/03/2024	Thursday 28/03/2024	Friday 29/03/2024
A. Braised steak & onions on mash GF	A. Chinese battered lemon chicken on rice	A. Pickled pork & mustard sauce GF	A. Baked fish mornay on rice GF	Good Friday Public Holiday
B. Indian butter chicken on rice GF	B. Baked fish with lemon butter sauce GF	B. Spaghetti bolognese & parmesan cheese	B. Honey soy chicken on rice GF	Good Friday Public Holiday

Week 14

Return Menu by 25/03/2024

PH 07 4728 1204

Monday 01/04/2024	Tuesday 02/04/2024	Wednesday 03/04/2024	Thursday 04/04/2024	Friday 05/04/2024
Easter Monday Public Holiday	A. Mild Japanese beef curry on rice GF	A. Roast lamb & gravy with mint sauce GF	A. Italian meatballs on pasta with Tuscan sauce & parmesan cheese	A. Crumbed fish on potato gems with tartare sauce
Easter Monday Public Holiday	B. Pork sausages with herb gravy GF	B. Vegetable lasagne	B. Coconut curried chicken on rice GF	B. Our lamb pie with minted mushy peas



Meals on Wheels

St Andrew's Townsville

FROZEN MEALS		
NAME:	RUN:	DATE:
MEAT		
1. Roast Pork <i>DF / GF</i>		
2. Sweet & Sour Pork <i>DF</i>		
3. Beef Rissoles & Gravy <i>GF</i>		
4. Roast Lamb <i>DF / GF</i>		
5. Shepherd's Pie <i>GF</i>		
6. Beef Lasagna		
7. Braised Steak <i>GF</i>		
8. Corned Beef and White sauce <i>GF</i>		
9. Braised Beef Sausages & Gravy <i>GF</i>		
CHICKEN		
10. Roast Chicken <i>DF / GF</i>		
11. Mild Curry Coconut Chicken <i>GF</i>		
12. Chicken Schnitzel & Gravy		
13. Apricot Chicken <i>GF</i>		
VEGETARIAN		
14. Vegetable Lasagne		
15. Pumpkin and spinach ravioli with Napoli Sauce		

DF – Dairy Free - GF Gluten Free