



# Meals on Wheels

## St Andrew's Townsville

### Week 15

Return Menu by 01/04/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
08/04/2024	09/04/2024	10/04/2024	11/04/2024	12/04/2024
A. Traditional beef casserole GF	A. Coconut curried chicken on rice GF	A. Roast pork with gravy & apple sauce GF	A. Braised steak and onions GF	A. Crumbed fish with potato gems & tartare sauce
B. Chicken schnitzel with golden gravy	B. Pork pear and sage rissoles & gravy GF	B. Beef sausages & tomato onion gravy on mash GF	B. Classic apricot chicken GF	B. Malaysian beef satay on rice GF

### Week 16

Return Menu by 08/04/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
15/04/2024	16/04/2024	17/04/2024	18/04/2024	19/04/2024
A. Shepherds pie GF	A. Battered pork with sweet n sour sauce on rice	A. Corned beef with white parsley sauce GF	A. Baked fish & lime pepper dusting GF	A. Farmhouse beef pie n peas
B. Chicken Kiev with honey mustard sauce	B. Indian beef Vindaloo with rice GF	B. Mexican meatballs & rice	B. Curried beef sausages on mash GF	B. Tuscan chicken on mash GF



# Meals on Wheels

## St Andrew's Townsville

### Week 17

Return Menu by 15/04/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
22/04/2024	23/04/2024	24/03/2024	25/04/2024	26/04/2024
A. Spaghetti bolognese & parmesan cheese	A. Chicken & mushroom pot pie	A. Roast lamb & gravy with mint sauce GF	Anzac Day Public holiday	A. Baked fish & lemon butter GF
B. Roasted chicken with asparagus & hollandaise GF	B. Braised beef sausages on mash GF	B. Beef croquettes & gravy	Anzac Day Public Holiday	B. Tuscan lasagne

### Week 18

Return Menu by 22/04/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
29/04/2024	30/04/2021	01/05/2024	02/05/2024	03/05/2024
A. Our lamb pie with minted mushy peas	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. Baked fish with hollandaise & dill sauce GF	B. Classic chicken parmigiana	B. Spinach ricotta lasagne	B. Pork schnitzel & golden gravy	B. Classic apricot chicken GF



# Meals on Wheels

## St Andrew's Townsville

### Week 19

Return Menu by 29/04/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
06/05/2024	07/05/2024	08/05/2024	09/05/2024	10/05/2024
Labour Day Public Holiday	A. Braised steak & onions GF	A. Pickled pork with mustard sauce GF	A. Traditional beef casserole GF	A. Crumbed fish on potato gems & tartare sauce
Labour Day Public Holiday	B. Indian butter chicken on rice GF	B. spaghetti bolognese & parmesan cheese	B. Battered sweet n sour pork on rice	B. Coconut curried chicken on rice GF

### Week 20

Return Menu by 06/05/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
13/05/2024	14/05/2024	15/05/2024	16/04/2024	17/05/2024
A. Curried beef on mash GF	A. Creamy chicken & bacon penne	A. Roast lamb with gravy & mint sauce GF	A. Bacon and onion slice GF	A. Baked fish mornay on rice GF
B. Italian meatballs with pasta Tuscan sauce & parmesan	B. Savoury pork sausages on rice GF	B. Chinese hoy soy chicken on rice GF	B. Authentic chicken cacciatore on mash GF	B. Beef pastie.



# Meals on Wheels

## St Andrew's Townsville

FROZEN MEALS
<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>GF</b> <b>DF</b>
5. Shepherd's Pie <b>GF</b>
6. Beef Lasagna
7. Braised Steak <b>GF</b>
8. Corned Beef and White sauce
9. Braised Sausages & Gravy <b>GF</b>
<b>CHICKEN</b>
10. Roast Chicken <b>DFGF</b>
11. Mild Curry Coconut Chicken <b>GF</b>
12. Chicken Schz
13. Apricot Chicken <b>GF</b>
<b>VEGETARIAN</b>
14. Vegetable Lasagna
15. Pumpkin & Spinach Ravioli with Napoli Sauce