



Meals on Wheels

St Andrew's Townsville

Week 21

Return Menu by 13/05/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
20/05/2024	21/05/2024	22/05/2024	23/05/2024	24/05/2024
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 a very mild peppercorn sauce	B. Pork pear & sage rissoles & gravy GF	B. Beef sausages with tomato onion gravy on mash GF	B. Classic apricot chicken GF	B. Malaysian beef satay on rice GF

Week 22

Return Menu by 20/05/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
27/05/2024	28/05/2024	29/05/2024	30/05/2024	31/05/2024
A. Shepherds pie GF	A. Battered pork with sweet n sour sauce	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 on rice GF	B. Meatballs on spaghetti	B. Curried beef sausages on mash GF	B. Tuscan chicken on mash GF



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Week 23

Return Menu by 27/05/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
03/06/2024	04/06/2024	05/06/2024	07/06/2024	08/06/2024
A. Spaghetti bolognese & parmesan cheese	A. Chicken & mushroom pot pie	A. Roast lamb & gravy with mint sauce GF	A. Beef rissoles with onion gravy on mash GF	A. Baked fish with lemon butter GF
B. Roasted chicken with asparagus & hollandaise sauce GF	B. Braised beef sausages GF	B. Beef croquettes with gravy	B. Pork schnitzel and Mushroom gravy	B. Tuscan lasagne

Week 24

Return Menu by 03/06/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
10/06/2024	11/06/2021	12/06/2024	13/06/2024	14/06/2024
A. Our lamb pie with minted mushy peas	A. Shepherds pie GF	A. Roast chicken & gravy GF	A. Beef stroganoff with mushrooms on mash GF	A. Battered fish cocktails & sweet n sour sauce
B. Baked fish & dill hollandaise sauce GF	B. Classic chicken parmigiana	B. Spinach & ricotta lasagne	B. Chicken Kiev with honey mustard sauce	B. Classic apricot chicken on mash GF



Meals on Wheels

St Andrew's Townsville

Week 25

Return Menu by 10/06/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
17/06/2024	18/06/2024	19/06/2024	20/06/2024	21/06/2024
A. Battered pork with sweet n sour sauce on rice	A. Braised steak & onions on mash GF	A. Pickled pork with seeded mustard sauce GF	A. Traditional beef casserole GF	A. Baked fish mornay on rice GF
B. Italian meatloaf GF	B. Indian butter chicken on rice GF	B. Spaghetti bolognese & parmesan cheese	B. Seafood pie	B. Coconut curried chicken on rice GF

Week 26

Return Menu by 17/06/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
24/06/2024	25/06/2024	27/06/2024	28/06/2024	29/06/2024
A. Curried beef on mash GF	A. Creamy chicken & bacon Penne	A. Roast lamb with gravy & mint sauce GF	A. Chinese honey soy chicken on rice GF	A. Crumbed fish on potato gems & tartare sauce
B. Italian meatballs on pasta with Tuscan sauce & parmesan	B. Savoury pork sausages on rice GF	B. Roma tomato baked fish with basil GF	B. Beef pastie	B. Authentic chicken cacciatore on mash GF



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FROZEN MEALS

MEAT

1. Roast Pork **DF / GF**

2. Sweet & Sour Pork **DF**

3. Beef Rissoles & Gravy **GF**

4. Roast Lamb **GF**

DF

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 Schz

13. Apricot Chicken **GF**

VEGETARIAN

14. Vegetable Lasagna

15. Pumpkin & Spinach Ravioli with Napoli Sauce

16. Massaman Coconut Curry