



Meals on Wheels

St Andrew's Townsville

Week 27

Return Menu by 24/06/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
01/07/2024	02/07/2024	03/07/2024	04/07/2024	05/07/2024
Show day Public Holiday	A. TRADITIONAL BEEF CASSEROLE GF DF	A. ROAST PORK WITH GRAVY & APPLE SAUCE GF DF	A. TUSCAN CHICKEN ON MASH GF	A. CRUMBED FISH WITH POTATO GEMS & TARTATE SAUCE
Show day Public Holiday	B. CHICKEN KEIV WITH HONEY MUSTARD SAUCE	B. BEEF SAUSAGES WITH TOMATO ONION GRAVY ON MASH GF	B. INDIAN BEEF VINDALOO ON RICE GF	B. MALAYSIAN SATAY BEEF ON RICE GF

Week 28

Return Menu by 01/07/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
08/07/2024	09/07/2024	10/07/2024	11/07/2024	12/07/2024
A. SPAGHETTI BOLOGNAISE & PARMESAN CHEESE	A. APRICOT CHICKEN GF	A. ROAST LAMB WITH GRAVY & MINT SAUCE GF DF	A. BEEF PASTIE	A. BAKED FISH & LEMON BUTTER SAUCE GF
B. BAKED CHICKEN WITH A MILD PEPPERCORN SAUCE GF	B. BEEF RISSOLES AND ONION GRAVY GF	B. BEEF CROQUETTES AND GOLDEN GRAVY	B. INDIAN BUTTER CHICKEN ON MASH GF	B. TUSCAN LASAGNE



Meals on Wheels

St Andrew's Townsville

Week 29

Return Menu by 08/07/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
15/07/2024	16/07/2024	17/07/2024	18/07/2024	19/07/2024
A. SHEPHERDS PIE GF	A. BEEF STROGONOFF WITH MUSHROOMS ON MASH GF	A. PICKLED PORK WITH MUSTARD SAUCE GF	A. CHICKEN & MUSHROOM POT PIE	A. BATTERED FISH COCKTAILS & SWEET N SOUR SAUCE ON RICE
B. CHICKEN SCHNITZEL WITH MUSHROOM GRAVY	B. CRUMBED FISH & TARTARE SAUCE ON POTATO GEMS	B. BATTERED CHINESE LEMON CHICKEN W RICE GF	B. CURRIED BEEF SAUSAGES ON MASH GF	B. BAKED CHICKEN WITH ASPARAGUS AND HOLLANDAISE SAUCE GF

Week 30

Return Menu by 15/07/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
22/07/2024	23/07/2024	24/07/2024	25/07/2024	26/07/2024
A. COCONUT CURRIED CHICKEN ON RICE GF	A. BAKED FISH WITH LIME PEPPER DUSTING GF	A. ROASTED CHICKEN & GRAVY GF DF	A. BRASIED STEAK & ONIONS ON MASH GF	A. FARMHOUSE BEEF PIE N PEAS
B. CLASSIC CHICKEN PARMIGANA	B. BATTERED PORK WITH SWEET N SOUR SAUCE	B. SPAGHETTI BOLOGNAISE & PARMESAN CHEESE	B. CHINESE HONEY SOY CHICKEN ON RICE GF DF	B. BAKED FISH & WITH DILL AND HOLLANDAISE SAUCE



Meals on Wheels

St Andrew's Townsville

Week 31

Return Menu by 22/07/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
29/07/2024	30/07/2024	31/07/2024	01/08/2024	02/08/2024
A. BEEF RISsoles WITH ONION GRAVY GF	A. HONEY SOY CHICKEN ON RICE GF DF	A. CORNEd BEEF WITH WHITE PARSLEY SAUCE GF	A. BATTERED PORK WITH SWEET N SOUR SAUCE	A. CRUMBED FISH & POTATO GEMS WITH TARTARE SAUCE
B. BATTERED PORK & SWEET N SOUR SAUCE ON RICE	B. BRAISED STEAK & ONIONS GF	B. AUTHENTIC CHICKEN CACCIAToRE ON MASH GF	B. SHEPHERDS PIE GF	B. SAVoURY PORK SAUSAGES ON RICE GF

Week 32

Return Menu by 29/07/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
05/08/2024	06/08/2024	07/08/2024	08/08/2024	09/08/2024
A. CURRIEd BEEF ON MASH GF	A. CREAMY CHICKEN & BACON PENNE	A. ROAST LAMB WITH GRAVY & MINT SAUCE GF	A. CLASSIC APRICOT CHICKEN & MASH GF	A. BAKED FISH MoRNAY ON RICE GF
B. PORK SCHNITZEL WITH MUSHROOM GRAVY	B. MEATBALLS ON SPAGHETTI	B. SPINACH & RICOTTA LASAGNE	B. BRAISED BEEF SAUSAGES ON MASH GF	B. OUR LAMB PIE & MINTED MUSHY PEAS



Meals on Wheels

St Andrew's Townsville

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