



# Meals on Wheels

## St Andrew's Townsville

### Week 33

Return Menu by 05/08/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
12/08/2024	13/08/2024	14/08/2024	15/08/2024	16/08/2024
A. TRADITIONAL BEEF CASSEROLE GF	A. CLASSIC APRICOT CHICKEN ON MASH	A. ROAST PORK & GRAVY WITH APPLE SAUCE	A. COCONUT CURRIED CHICKEN & RICE	A. CRUMBED FISH & POTATO GEMS WITH TARTARE SAUCE
B. CHICKEN SCHNITZEL WITH GOLDEN GRAVY	B. PORK SCHNITZEL WITH GRAVY ON MASH	B. BRAISED BEEF SAUSAGES ON MASH	B. SWEDISH MEATBALLS ON MASH	A. MAYASIAN SATAY BEEF ON RICE

### Week 34

Return Menu by 12/08/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
19/08/2024	20/08/2024	21/08/2024	22/08/2024	23/08/2024
A. SPAGHETTI BOLOGNAISE & PARMESAN CHEESE	A. CLASSIC APRICOT CHICKEN	A. ROAST LAMB WITH GRAVY & MINT SAUCE	A. BEEF PASTIE	A. BAKED FISH & LEMON BUTTER SAUCE
B. BAKED CHICKEN & MILD PEPPERCORN SAUCE	B. BEEF RISSOLES WITH ONION GRAVY ON MASH	B. BEEF CROQUETTES WITH GOLDEN GRAVY	B. INDIAN BUTTER CHICKEN ON RICE	B. TUSCAN LASAGNE



# Meals on Wheels

## St Andrew's Townsville

### Week 35

Return Menu by 19/08/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
26/08/2024	27/08/2024	28/08/2024	29/08/2024	30/08/2024
A. COCONUT CURRIED CHICKEN ON RICE	A. BAKED FISH & LEMON BUTTER SAUCE	A. ROAST CHICKEN & GRAVY	A. BRAISED STEAK & ONIONS	A. FARMHOUSE BEEF PIE N PEAS
B. BAKED BARRAMUNDI WITH LIME PEPPER DUSTING	B. BATTERED PORK WITH SWEET N SOUR SAUCE ON RICE	B. SPAGHETTI BOLOGNAISE & PARMESAN CHEESE	B. CHICKEN KIEV WITH HONEY MUSTARD SAUCE ON MASH	B. BAKED FISH & DILL AND HOLLANDAISE SAUCE

### Week 36

Return Menu by 26/08/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/09/2024	03/09/2024	04/09/2024	05/09/2024	06/09/2024
A. SHEPHERDS PIE	A. BEEF STROGANOFF & MUSHROOMS	A. PICKLED PORK & MUSTARD SAUCE	A. CURRIED BEEF SAUSAGES ON MASH	A. BATTERED FISH COCKTAILS WITH SWEET N SOUR SAUCE ON RICE
B. CHICKEN SCHNITZEL WITH A MILD PEPPERCORN SAUCE	B. CRUMBED FISH WITH POTATO GEMS AND TARTARE SAUCE	B. CLASSIC CHICKEN PARMIGIANA	B. CHICKEN, LEEK, MUSHROOM POT PIE	B. BAKED CHICKEN WITH ASARAGUS AND HOLLANDAISE SAUCE



# Meals on Wheels

## St Andrew's Townsville

### Week 37

Return Menu by 02/09/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/09/2024	10/09/2024	11/09/2024	12/09/2024	13/09/2024
A. BEEF RISsoles WITH ONION GRAVY	A. HONEY SOY CHICKEN ON RICE	A. CORNEd BEEF & WHITE PARSLEY SAUCE	A. CHINESSE BATTERED CHICKEN WITH LEMON SAUCE	A. CRUMBED FISH & TATRARE SAUCE ON POTATO GEMS
B. BATTERED PORK PIECES WITH SWEET N SOUR SAUCE ON RICE	B. BRAISED STEAK WITH ONIONS ON MASH	B. AUTHENTIC CHICKEN CACCIATORE ON MASH	B. SHEPHERDS PIE	B. PORK SAUSAGES & GOLDEN GRAVY ON MASH

### Week 38

Return Menu by 09/09/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
16/09/2024	17/09/2024	18/09/2024	19/09/2024	20/09/2024
A. MILD CURRY BEEF ON MASH	A. CLASSIC APRICOT CHICKEN	A. ROAST LAMB & GRAVY WITH MINT SAUCE	A. CREAMY CHICKEN & BACON PENNE	A. BAKED FISH MORNAY ON RICE
B. PORK SCHNITZEL WITH MUSHROOM GRAVY	B. MEAT BALLS WITH TUSCAN SAUCE ON SPAGHETTI	B. SPINACH & RICCOTA LASAGNE	B. BEEF SAUSAGES WITH TOMATO ONION GRAVY	B. OUR LAMB PIE & MINTED MUSHY PEAS



# 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
16. Massaman Coconut Curry