



Meals on Wheels

St Andrew's Townsville

Week 39

Return Menu by 16/09/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
23/09/2024	24/09/2024	25/09/2024	26/09/2024	27/09/2024
A. Spaghetti Bolognese with parmesan cheese	A. Shepherd's pie GF	A. Roast lamb with mint sauce & gravy GF	A. Classic chicken parmigiana	A. Baked fish mornay on rice GF
B. Baked chicken with asparagus & hollandaise GF	B. Chinese battered chicken with a lemon sesame sauce on rice	B. Malaysian satay beef on rice GF	B. Braised steak & onions on mash GF	A. Farmhouse beef pie n peas

Week 40

Return Menu by 23/09/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
30/09/2024	01/10/2024	02/10/2024	03/10/2024	04/10/2024
A. Mild curry lamb casserole GF	A. Honey soy chicken on rice GF	A. Corned beef with white parsley sauce GF	A. Creamy chicken & bacon Penne	A. Crumbed fish with tartare sauce on potato gems
B. Italian meatballs with Tuscan sauce	B. Battered pork pieces with sweet n sour sauce on rice	B. Chicken schnitzel with a mild peppercorn sauce	B. Beef sausages with tomato onion gravy on mash GF	B. Baked chicken cacciatore on mash GF



Meals on Wheels

St Andrew's Townsville

Week 41

Return Menu by 30/09/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
07/10/2024	08/10/2024	09/10/2024	10/10/2024	11/10/2024
Public Holiday King's Birthday	A. Spaghetti Bolognese with parmesan cheese	A. Roast pork with apple sauce & gravy GF	A. Beef stroganoff on mash GF	A. Battered fish cocktails with sweet n sour sauce on rice
Public Holiday King's Birthday	B. Curried beef sausages on mash GF	B. Beef croquettes with golden gravy	B. Indian butter chicken on rice GF	B. Shepherds pie GF

Week 42

Return Menu by 08/10/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
14/10/2024	15/10/2024	16/10/2024	17/10/2024	18/10/2024
A. Beef rissoles with onion gravy on mash GF	A. Battered pork pieces with sweet n sour sauce on rice	A. Roasted chicken breast with golden gravy GF	A. Pork schnitzel with mushroom gravy	A. Baked fish with hollandaise and dill sauce GF
B. Classic apricot chicken on mash GF	B. Baked fish with lemon butter sauce on mash GF	B. Bacon & onion quiche	B. Indian beef vindaloo on rice GF	B. Tuscan lasagne



Meals on Wheels

St Andrew's Townsville

Week 43

Return Menu by 14/10/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
21/10/2024	22/10/2024	23/10/2024	24/10/2024	25/10/2024
A. Battered pork with sweet n sour sauce on rice	A. Coconut curried chicken on rice GF	A. Roast lamb with mint sauce and gravy GF	A. Shepherds pie GF	A. Chicken Kiev with honey mustard sauce
B. Braised steak & onions on mash GF	B. Pork sausages and gravy GF	B. Spinach and ricotta lasagne	B. Beef pastie	B. Baked fish with lemon butter sauce on mash GF

Week 44

Return Menu by 21/10/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
28/10/2024	29/10/2024	30/10/2024	31/10/2024	01/11/2024
A. Traditional beef casserole GF	A. Classic apricot chicken on mash GF	A. Pickled pork with seeded mustard sauce GF	A. Chicken, leek & mushroom pot pie	A. Panko southern blue whiting on potato gems with tartare sauce
B. Beef ravioli with Napoli sauce and parmesan cheese	B. Beef rissoles with onion gravy on mash GF	B. Classic apricot chicken on mash GF	B. Baked fish with lime pepper dusting on mash GF	B. Curried beef sausages on mash GF



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 DF/GF
5. Shepherd's Pie GF
6. Beef Lasagna
7. Braised Steak GF
8. Corned Beef and White sauce GF
9. Braised Sausages & Gravy GF
CHICKEN
10. Roast Chicken DF/GF
11. Mild Curry Coconut Chicken GF
12. Chicken Schnitzel & Gravy
13. Apricot Chicken GF
VEGETARIAN
14. Vegetable Lasagna
15. Spinach & Ricotta Lasagna
16. Massaman Coconut Curry