



Meals on Wheels

St Andrew's Townsville

Week 45

Return Menu by 28/10/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
04/11/2024	05/11/2024	06/11/2024	07/11/2024	08/11/2024
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 with lemon pepper butter GF
B. Baked chicken with asparagus & hollandaise sauce GF	B. Seafood & dill open pie	B. Malaysian satay beef on rice GF	B. Braised steak & onions GF	B. Farmhouse beef pie n peas

Week 46

Return Menu by 4/11/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
11/11/2024	12/11/2024	13/11/2024	14/11/2024	15/11/2024
A. Beef Rogan Josh with mash GF	A. Honey soy chicken on rice GF	A. Corned beef with white onion parsley sauce GF	A. Mixed tortellini with a creamy sauce	A. Crumbed fish on wedges with tartare sauce
B. Italian meatballs with Tuscan sauce on pasta	B. Baked fish with lemon pepper sauce GF	B. Chicken schnitzel with 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 47

Return Menu by 11/11/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
18/11/2024	19/11/2024	20/11/2024	21/11/2024	22/11/2024
A. Creamy Chicken ala king on mash GF	A. Spaghetti Bolognese with parmesan cheese	A. Roast pork with apple sauce & gravy GF	A. Beef stroganoff on mash GF	A. Battered fish pieces with sweet n sour sauce on rice
B. Tuscan beef lasagne	B. Curried beef sausages on mash GF	B. Indian butter chicken on mash GF	B. Beef croquettes & golden gravy	B. Coconut curried chicken & rice GF

Week 48

Return Menu by 18/11/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
25/11/2024	26/11/2024	27/11/2024	28/11/2024	29/11/2024
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 dill & hollandaise sauce GF
B. Classic apricot chicken on mash GF	B. Lamb curry 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 49

Return Menu by 25/11/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/12/2024	03/12/2024	04/12/2024	05/12/2024	06/12/2024
A. Braised steak & onions on mash GF	A. Coconut curried chicken on rice GF	A. Roast lamb with mint sauce and gravy GF	A. Chicken leek and mushroom pot pie	A. Beef ravioli with Napoli sauce and parmesan cheese
B. Chicken Kiev with honey mustard sauce	B. Thick pork sausages and gravy on mash GF	B. Classic apricot chicken on mash GF	B. Baked fish with potato wedges and lemon pepper dusting GF	B. Baked fish mornay on rice GF

Week 50

Return Menu by 02/12/2024

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/12/2024	10/12/2024	11/12/2024	12/12/2024	13/12/2024
A. Traditional beef casserole GF	A. Salmon patties with hollandaise dill sauce	A. Pickled pork with onion mustard sauce GF	A. Chicken leek and mushroom pot pie	A. Shepherds pie GF
B. Spinach and ricotta lasagne	B. Beef rissoles with onion gravy with mash GF	B. Beef pastie	B. Bacon onion quiche	B. Crumbed fish potato wedges & Tartare sauce



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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