



Meals on Wheels

St Andrew's Townsville

Week 05

Return Menu by 20/01/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
27/01/2025	28/01/2025	29/01/2025	30/01/2025	31/01/2025
Australia Day Public Holiday	A. Battered pork pieces with sweet n sour sauce	A. Roast pork & gravy, apple sauce GF	A. Chicken ala king on mash GF	A. Baked fish mornay on rice GF
Australia Day Public Holiday	B. Curried beef on mash GF	B. Tortellini with Napoli sauce & parmesan cheese	B. Beef lasagne	B. Beef stroganoff with mash GF

Week 06

Return Menu by 28/01/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
3/02/2025	4/02/2025	05/02/2025	6/02/2025	7/02/2025
A. Honey soy chicken & rice GF	A. Spaghetti bolognaise with parmesan cheese	A. Roast lamb & Gravy with mint sauce GF	A. Beef rissoles with onion gravy GF	A. Crumbed fish & potato wedges with tartare sauce
B. Beef sausages with tomato onion gravy on mash GF	B. Braised beef sausages on rice GF	B. Classic apricot chicken on mash GF	B. Pork schnitzel & mushroom sauce	B. Beef mushrooms red wine gravy GF



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Week 07

Return Menu by 3/02/2025

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Monday	Tuesday	Wednesday	Thursday	Friday
10/02/2025	11/02/2025	12/02/2025	13/02/2025	14/02/2025
A. Shepherds pie GF	A. Chicken Kiev & honey seeded mustard with potato gems	A. Corned beef & onion parsley white sauce GF	A. Braised steak & onions on mash GF	A. Baked fish & lemon pepper butter GF
B. Baked chicken thigh with asparagus and hollandaise sauce GF	B. Beef goulash on rice GF	B. Battered pork pieces with sweet n sour sauce on rice	B. Authentic chicken cacciatore on mash GF	B. Indian butter chicken with rice GF

Week 08

Return Menu by 10/02/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
17/02/2025	18/02/2025	19/02/2025	20/02/2025	21/02/2025
A. Beef casserole GF	A. Beef rissoles with onion gravy on mash GF	A. Roast chicken breast with gravy GF	A. Malaysian satay beef on rice GF	A. Baked fish cocktails with sweet n sour sauce on rice
B. Pork schnitzel with golden gravy	B. Baked fish with dill and hollandaise sauce on mash GF	B. Beef lasagne	B. Chicken parmigiana with potato wedges	B. Our farmhouse beef pie n peas



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Week 09

Return Menu by 17/02/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
24/02/2025	25/02/2025	26/02/2025	27/02/2025	28/02/2025
A. Spaghetti bolognese with parmesan cheese	A. Coconut curried chicken on rice GF	A. Pickled pork with mustard sauce GF	A. Creamy chicken penne	A. Braised steak & onions on mash GF
B. Chicken schnitzel with a mild peppercorn sauce	B. Braised beef sausages on mash GF	B. Beef ravioli and Tuscan sauce with parmesan cheese	B. Italian meatballs on mash with Tuscan sauce parmesan cheese GF	B. Crumbed fish & wedges and tartare sauce

Week 10

Return Menu by 24/02/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
03/03/2025	04/03/2025	05/03/2025	06/03/2025	07/03/2025
A. Coconut curried chicken & rice GF	A. Braised steak Dianne GF	A. Roast lamb with gravy & mint sauce GF	A. Classic apricot chicken on mash GF	A. Salmon patties with dill hollandaise sauce
B. Italian meat balls on mash with Napoli sauce & parmesan cheese GF	B. Pork sausages with golden gravy GF	B. Spinach & ricotta lasagne	B. Beef pastie & tomato sauce	B. Japanese style teriyaki chicken on rice GF



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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