



Meals on Wheels

St Andrew's Townsville

Week 11

Return Menu by 03/03/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
10/03/2025	11/03/2025	12/03/2025	13/03/2025	14/03/2025
A. Battered pork & sweet n sour sauce on rice	A. Coconut curried chicken & rice GF	A. Roast beef, gravy & Yorkshire pudding	A. Pork schnitzel & gravy	A. Crumbed fish on potato gems & tartare sauce
B. Beef rissoles & onion gravy on mash GF	B. Italian meatballs on mash with parmesan cheese GF	B. Authentic chicken cacciatore on mash GF	B. Roasted chicken thigh Tuscan sauce on mash GF	B. Malaysian satay beef & rice GF

Week 12

Return Menu by 10/03/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
17/03/2025	18/03/2025	19/03/2025	20/03/2025	21/03/2025
A. Guinness Irish stew & mash potato GF	A. Bacon & onion chive quiche	A. Roast lamb, gravy & mint sauce GF	A. Braised steak & onions GF	A. Baked Fish Mornay on brown rice GF
B. Chicken schnitzel with gravy & potato wedges	B. Shepherds pie GF	B. Spinach & ricotta lasagne	B. Creamy garlic herb chicken penne	B. Beef lasagne



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Week 13

Return Menu by 17/03/2025

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Monday	Tuesday	Wednesday	Thursday	Friday
24/03/2025	25/03/2025	26/03/2025	27/03/2025	28/03/2025
A. Honey soy chicken & noodles	A. Salmon patties with dill hollandaise sauce	A. Corned beef, white onion parsley sauce GF	A. Chicken Kiev on mash with honey mustard glaze	A. Farmhouse beef pie & mushy peas
B. Thick beef sausages & tomato onion gravy on mash GF	B. Beef rissoles & onion gravy on mash GF	B. Chicken ala king with mash GF	B. Thick pork sausages & gravy & mash GF	B. Baked fish & lemon pepper sauce GF

Week 14

Return Menu by 24/03/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
31/03/2025	01/04/2025	02/04/2025	03/04/2025	04/04/2025
A. Spaghetti Bolognese & parmesan cheese	A. Classic apricot chicken GF	A. Pickled pork & mustard sauce GF	A. Chicken parmigiana & potato wedges	A. Battered fish cocktails sweet n sour sauce on rice
B. Coconut curried chicken on rice GF	B. Beef lasagne	B. Beef pastie & potato wedges	B. Curried beef sausages on mash GF	B. Braised steak & onions on mash GF



Meals on Wheels

St Andrew's Townsville

Week 15

Return Menu by 31/03/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
07/04/2025	08/04/2025	09/04/2025	10/04/2025	11/04/2025
A. Traditional beef casserole GF	A. Battered fish pieces with potato wedges & tartare sauce	A. Roasted chicken thigh & gravy GF	A. Bacon & onion, chive quiche	A. Beef stroganoff & mushrooms on mash GF
B. Chicken schnitzel & mild peppercorn sauce	B. Curried beef & rice GF	B. Salmon patties & dill and hollandaise sauce	B. Classic apricot chicken GF	B. Tuna bake

Week 16

Return Menu by 07/04/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
14/04/2025	15/04/2025	16/04/2025	17/04/2025	18/04/2025
A. Shepherds pie GF	A. Roasted chicken thigh & asparagus and hollandaise sauce GF	A. Roast pork, gravy & apple sauce GF	A. Baked fish & lemon butter sauce on mash GF	GOOD FRIDAY
B. Beef rissoles & onion gravy & mash GF	B. Spaghetti bolognese & parmesan cheese	B. Indian butter chicken on rice GF	B. Beef & mushrooms with red wine on mash GF	GOOD FRIDAY



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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. Beef Sausages Tomato & Onion Gravy **GF**
10. Roast Beef, Gravy & Yorkshire Pudding

CHICKEN

11. Roast Chicken **DF/GF**
12. Mild Curry Coconut Chicken **GF**
13. Crumbed Chicken & Gravy
14. Apricot Chicken **GF**

VEGETARIAN

15. Vegetable Lasagna
16. Spinach & Ricotta Lasagna
17. Massaman Coconut Curry
18. Spinach, Fetta & Sundried Tomato Quiche **GF**
19. Vegetable Pastie

FROZEN VITAMISED MEALS

Please call the office on 4728 1204 for all vitamised meal orders.