



Meals on Wheels

St Andrew's Townsville

Week 17

Return Menu by 14/04/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|---|-----------------|
| 21/04/2025 | 22/04/2025 | 23/04/2025 | 24/04/2025 | 25/04/2025 |
| A. EASTER MONDAY | A. Shepherds pie GF | A. Chicken parmigiana with mash | A. Battered fish pieces with potato wedges and tartare sauce GF | A. ANZAC DAY |
| B. EASTER MONDAY | B. Beef ravioli with Tuscan sauce & parmesan cheese | B. Beef sausages & tomato onion gravy on mash GF | B. Classic apricot chicken on mash GF | B. ANZAC DAY |

Week 18

Return Menu by 21/04/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 28/04/2025 | 29/04/2025 | 30/04/2025 | 01/05/2025 | 02/05/2025 |
| A. Chicken Kiev with honey mustard sauce | A. Beef stroganoff on mash GF | A. Roast beef & gravy, Yorkshire pudding | A. Coconut curried chicken & rice GF | A. Baked fish with lemon butter sauce on mash GF |
| B. Mild curried beef on mash GF | B. Pork schnitzel with gravy on potato wedges | B. Chicken & mushroom lasagne | B. Tortellini with a bacon & chive creamy sauce | B. Spaghetti Bolognese & parmesan cheese |



Meals on Wheels

St Andrew's Townsville

Week 19

Return Menu by 28/04/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|--|---|
| 05/05/2025 | 06/05/2025 | 07/05/2025 | 08/05/2025 | 09/05/2025 |
| A. LABOUR DAY | A. Beef lasagne | A. Roast lamb & gravy, mint sauce GF | A. Braised steak & onions on mash GF | A. Crumbed fish with potato gems & tartare sauce |
| B. | B. Roasted chicken thigh & asparagus and hollandaise sauce GF | B. Battered pork & sweet n sour sauce on rice | B. Creamy garlic & chive chicken penne | B. Honey soy chicken & rice GF |

Week 20

Return Menu by 05/05/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 12/05/2025 | 13/05/2025 | 14/05/2025 | 15/05/2025 | 16/05/2025 |
| A. Battered pork & sweet n sour sauce on rice | A. Baked fish & lemon butter sauce on mash GF | A. Roasted chicken thigh with gravy GF | A. Beef rissoles & onion gravy on mash GF | A. Baked fish mornay & brown rice GF |
| B. Coconut curried chicken on rice GF | B. Curried beef sausages on mash GF | B. Malaysian satay beef on rice GF | B. Stir-fry plum chicken GF | B. Farmhouse beef pie n peas |



Meals on Wheels

St Andrew's Townsville

Week 21

Return Menu by 12/05/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 19/05/2025 | 20/05/2025 | 21/05/2025 | 22/05/2025 | 23/05/2025 |
| A. Traditional beef casserole GF | A. Classic apricot chicken on mash GF | A. Corned beef with onion parsley sauce GF | A. Beef goulash on mash GF | A. Battered fish with sweet n sour sauce on rice GF |
| B. Pork sausages & golden gravy on mash GF | B. Cornish vegetable pastie & potato wedges | B. Chicken schnitzel & gravy & potato wedges | B. Italian meatballs & Tuscan sauce, parmesan cheese on mash GF | B. Spinach & ricotta lasagne |

Week 22

Return Menu by 19/05/2025

PH 07 4728 1204

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 26/05/2025 | 27/05/2025 | 28/05/2025 | 29/05/2025 | 30/05/2025 |
| A. Spaghetti Bolognese & parmesan cheese | A. Beef, mushrooms & red wine gravy GF | A. Roast pork & gravy, apple sauce GF | A. Chicken ala king on mash GF | A. Salmon patties with dill hollandaise sauce on mash |
| B. Roasted chicken thigh with asparagus & hollandaise sauce GF | B. Battered fish pieces with potato wedges & tartare sauce | B. Beef lasagne | B. Italian meatballs & Tuscan sauce on mash GF | B. Authentic chicken Cacciatore 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. 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.