



Meals on Wheels

St Andrew's Townsville

Week 23

Return Menu by 26/05/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/06/2025	03/06/2025	04/06/2025	05/06/2025	06/06/2025
A. Asian honey soy chicken on rice GF, DF	A. SHEPHERDS PIE GF	A. Roast lamb & gravy mint sauce GF, DF	A. Tuscan beef lasagne	A. Baked fish & lemon butter sauce on mash GF
B. Tortellini & creamy garlic, bacon sauce	B. Battered pork pieces & sweet n sour sauce on rice	B. Chicken schnitzel & gravy on mash	B. Coconut curried chicken on rice GF	B. Malaysian satay beef on rice GF

Week 24

Return Menu by 02/06/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/06/2025	10/06/2025	11/06/2025	12/06/2025	13/06/2025
A. Beef Goulash on mash GF	A. Spaghetti Bolognese & parmesan cheese	A. Roasted chicken thigh with gravy GF	A. Pork sausages with apple gravy on mash GF	A. Battered fish with sweet & sour sauce on rice GF
B. Chicken Kiev with potato gems with honey seeded mustard	B. Battered fish pieces on potato wedges with tartare sauce GF	B. Beef ravioli with Napoli sauce & parmesan cheese	B. Beef pastie & tomato sauce, potato wedges	B. Beef rissoles & onion gravy on mash GF



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St Andrew's Townsville

Week 25

Return Menu by 09/06/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
16/06/2025	17/06/2025	18/06/2025	19/06/2025	20/06/2025
A. Classic apricot chicken on rice GF DF	A. Traditional beef casserole GF	A. Roast pork & gravy with apple sauce GF DF	A. Braised steak & onions on mash GF	A. Salmon patties on mash with dill hollandaise sauce
B. Italian meatballs with Napoli on mash, parmesan cheese	B. Butter chicken sausages on brown rice GF	B. Spinach & ricotta lasagne	B. Coconut curried chicken & rice	B. Beef, tarragon, mushrooms, red wine gravy on mash GF

Week 26

Return Menu by 16/06/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
23/06/2025	24/06/2025	25/06/2025	26/06/2025	27/06/2025
A. Beef stroganoff & mushrooms on mash GF	A. Battered pork pieces & sweet n sour sauce on rice	A. Roast beef & gravy with Yorkshire pudding	A. Asian honey soy chicken on rice GF DF	A. Southern blue whiting potato wedges & tartare sauce GF
B. Classic chicken parmigiana	B. Bacon & onion chive quiche	B. Chicken ala king on mash	B. Tuscan beef lasagne	B. Swedish meatballs & sour cream, mustard sauce



Meals on Wheels

St Andrew's Townsville

Week 27

Return Menu by 23/06/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
30/06/2025	01/07/2025	02/07/2025	03/07/2025	04/07/2025
A. Chicken & leek, mushroom pot pie	A. Baked fish mornay on rice GF	A. Corned beef & onion parsley white sauce GF	A. Shepherds pie GF	A. Crumbed fish with tartare sauce & potato gems
B. Pork schnitzel & golden gravy on mash	B. Beef sausages & tomato onion gravy on mash GF	B. Spaghetti Bolognese with parmesan cheese	B. Authentic chicken cacciatore on mash GF	B. Mild curried beef on mash

Week 28

Return Menu by 30/06/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
07/07/2025	08/07/2025	09/07/2025	10/07/2025	11/07/2025
A. SHOW HOLIDAY	A. Roasted chicken thigh & asparagus, hollandaise sauce	A. Pickled pork with seeded mustard sauce GF	A. Beef rissoles & onion gravy GF	A. Baked fish with lime pepper dusting on mash GF
B. SHOW HOLIDAY	B. Tuna bake	B. Braised steak & onions on mash GF	B. Creamy garlic chicken penne	B. Farmhouse beef pie & mushy peas



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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.