



Meals on Wheels

St Andrew's Townsville

Week 35

Return Menu by 18/08/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
25/08/2025	26/08/2025	27/08/2025	28/08/2025	29/08/2025
A. Honey Soy Chicken with Rice GF	A. Japanese Curried Beef with Rice GF	A. Roast Lamb & Gravy with Mint Sauce GF	A. Roasted Chicken Thigh with Asparagus and Hollandaise Sauce GF	A. Battered Fish Goujons with Potato Gems & Tartare Sauce GF
B. Italian Beef Meatballs with Tuscan Sauce & Parmesan Cheese on Mash Potato GF	B. Salmon Patties on Mash Potato with Hollandaise Dill Sauce	B. Shepherd's Pie GF	B. Beef with Red Wine & Tarragon on Mash Potato GF	B. Malaysian Satay Beef with Rice GF

Week 36

Return Menu by 25/08/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
01/09/2025	02/09/2025	03/09/2025	04/09/2025	05/09/2025
A. Spaghetti Bolognese topped with Parmesan Cheese	A. Battered Pork with Sweet & Sour Sauce on Rice	A. Corned Beef with Onion Parsley White sauce GF	A. Coconut Curried Chicken with Rice GF	A. Baked Fish with Lemon Butter Sauce on Mash GF
B. Pork Schnitzel & Golden Gravy on Mash Potato	B. Authentic Chicken Cacciatore on Mash Potato GF	B. Chicken Kyiv with Honey Mustard Sauce on Mash Potato	B. Beef Tortellini with Napoli Sauce, topped with Parmesan Cheese	B. Creamy Garlic, Bacon, Chicken & Chive Penne

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 37

Return Menu by 01/09/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
08/09/2025	09/09/2025	10/09/2025	11/09/2025	12/09/2025
A. Chicken ala King on Mash Potato GF	A. Traditional Beef Casserole GF	A. Roasted Chicken Thigh with Gravy GF	A. Beef Rissoles with Onion Gravy on Mash Potato GF	A. Crumbed Fish with Potato Wedges & Tartare Sauce
B. Beef Sausages & Tomato Onion Gravy with Mash Potato GF	B. Battered Fish Goujons with Potato Gems & Tartare Sauce GF	B. Spaghetti Bolognese topped with Parmesan Cheese	B. Pork Sausages with Golden Gravy on Mash Potato GF	B. Indian Butter Chicken & Rice GF

Week 38

Return Menu by 08/09/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
15/09/2025	16/09/2025	17/09/2025	18/09/2025	19/09/2025
A. Chicken Kyiv & Honey Mustard Sauce with Potato Wedges	A. Tuscan Beef Lasagne	A. Roast Pork & Gravy with Apple Sauce GF	A. Braised Steak & Onions on Mash Potato GF	A. Battered Fish Pieces with Sweet & Sour Sauce on Rice GF
B. Very Mild Beef Chilli Con-Carne on Rice GF	B. Baked Chicken Thigh with Mushroom & Chive Sauce GF	B. Americano Tuna Bake	B. Classic Chicken Parmigiana with Potato Wedges	B. Coconut Curried Chicken with Rice GF

SANDWHICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 39

Return Menu by 15/09/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
22/09/2025	23/09/2025	24/09/2025	25/09/2025	26/09/2025
A. Beef Stroganoff with Mash potato GF	A. Plum Chicken & Brown rice GF	A. Roast Beef & Gravy with Yorkshire Pudding	A. Battered Pork Pieces with Sweet & Sour Sauce on Rice	A. Baked Fish Mornay with Rice GF
B. Spinach & Ricotta Lasagna	B. Baked Fish with Lime Pepper Dusting on Mash Potato GF	B. Chicken Schnitzel with Gravy & Potato Gems	B. Classic Apricot Chicken with Mash Potato GF	B. Farmhouse Beef Pie with Mushy Peas

Week 40

Return Menu by 22/09/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
29/09/2025	30/09/2025	01/10/2025	02/10/2025	03/10/2025
A. Mild Curried Beef with Mash Potato GF	A. Apricot Chicken with Mash Potato GF	A. Pickled Pork with Seeded Mustard Sauce GF	A. Shepherd's Pie GF	A. Baked Fish with Lemon Butter Sauce on Mash Potato GF
B. Beef Ravioli with Napoli Sauce & Parmesan Cheese	B. Chicken Sausages & Golden Gravy with Potato Wedges GF	B. Tuscan Beef Lasagne	B. Classic Chicken Parmigiana with Potato Wedges	B. Hungarian Beef Goulash with rice GF

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



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.