



Meals on Wheels

St Andrew's Townsville

Week 41

Return Menu by 29/09/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
06/10/2025	07/10/2025	08/10/2025	09/10/2025	10/10/2025
A. PUBLIC HOLIDAY – KING'S BIRTHDAY NO DELIVERY	A. Traditional Beef Casserole GF	A. Corned Beef with Onion Parsley White Sauce GF	A. Coconut Curried Chicken with Rice GF	A. Baked Fish with Parsley Lemon Butter Sauce GF
B.	B. Roasted Chicken Thigh with Asparagus & Hollandaise Sauce GF	B. Spinach & Ricotta Lasagne	B. Beef Pastie	B. Battered Pork Pieces with Sweet & Sour Sauce on Rice

Week 42

Return Menu by 06/10/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
13/10/2025	14/10/2025	15/10/2025	16/10/2025	17/10/2025
A. Spaghetti Bolognese with Parmesan Cheese	A. Asian Honey Soy Chicken with Rice GF	A. Roast Lamb with Gravy & Mint sauce GF	A. Classic Chicken Parmigiana	A. Battered Fish Goujons with Potato Gems & Tartare Sauce GF
B. Pork Sausages & Mash with Golden Gravy GF	B. Baked Fish with Dukka Spices GF	B. Classic Apricot Chicken GF	B. Malaysian Satay Beef with Rice GF	B. Savoury Beef Sausages with Potatoes GF

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 43

Return Menu by 13/10/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
20/10/2025	21/10/2025	22/10/2025	23/10/2025	24/10/2025
A. Shepherd's Pie GF	A. Creamy Garlic Chicken with Penne, Chive & Parmesan Cheese	A. Roast Pork with Apple Sauce & Gravy GF	A. Braised Steak & Onions GF	A. Baked Fish with Mornay Sauce & Rice GF
B. Battered Pork with Sweet & Sour Sauce on Rice	B. Beef Sausages with Mash & Tomato Onion Gravy GF	B. Chinese Battered Lemon Chicken	B. Coconut Curried Chicken with Rice GF	B. Tuscan Meatballs & Mash with Parmesan Cheese GF

Week 44

Return Menu by 20/10/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
27/10/2025	28/10/2025	29/10/2025	30/10/2025	31/10/2025
A. Classic Apricot Chicken GF	A. Tuscan Beef Lasagne	A. Roasted Chicken Thigh & Gravy GF	A. Indian Butter Chicken with Rice GF	A. Crumbed Fish with Potato Wedges and Tartare Sauce
B. Salmon Patties with Hollandaise Sauce & Mash	B. Hungarian Beef Goulash GF	B. Beef Tortellini with Napoli Sauce & Parmesan Cheese	B. Tyler's Glazed Beef Meatloaf GF	B. Authentic Chicken Cacciatore with Mash Potato GF

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 45

Return Menu by 27/10/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
03/11/2025	04/11/2025	05/11/2025	06/11/2025	07/11/2025
A. Chicken Kyiv with Honey Seeded Mustard Sauce & Mash	A. Coconut Curried Prawns with Rice GF	A. Roast Beef with Yorkshire Pudding & Gravy	A. Chicken Schnitzel & Gravy	A. Baked Fish with Dukka Spices GF
B. Mild Chilli Con Carne with Rice GF	B. Battered Pork Pieces with Sweet & Sour Sauce	B. Mild Curried Beef on Mash GF	B. Braised Steak Dianne GF	B. Farmhouse Beef Pie & Mushy Peas

Week 46

Return Menu by 03/11/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
10/11/2025	11/11/2025	12/11/2025	13/11/2025	14/11/2025
A. Beef Burgundy with Bacon & Mushrooms GF	A. Beef Meatballs with Onion Gravy & Mash GF	A. Pickled Pork with Mustard White Sauce GF	A. Chicken à la King on Mash GF	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice GF
B. Chinese Lemon Battered Chicken with Rice	B. Salmon Patties with Hollandaise Sauce	B. Shepherd's Pie GF	B. Tuscan Beef Lasagne	B. Beef Stroganoff & Mushrooms 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.