



# Meals on Wheels

## St Andrew's Townsville

### Week 47

Return Menu by 10/11/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
17/11/2025	18/11/2025	19/11/2025	20/11/2025	21/11/2025
A. Chicken Kyiv with Honey Mustard Sauce on Mashed potato	A. Beef Lasagna	A. Roast Lamb with Gravy & Mint Sauce <b>GF</b>	A. Shepherd's Pie <b>GF</b>	A. Crumbed Fish & Potato Wedges with Tartare sauce
B. Pork Sausages with Golden Gravy on Mashed potato <b>GF</b>	B. Coconut Curried Chicken with Rice <b>GF</b>	B. Indian Butter Chicken with Rice <b>GF</b>	B. Beef Ravioli with Napoli Sauce & Parmesan cheese	B. Malaysian Satay Beef with Rice <b>GF</b>

### Week 48

Return Menu by 17/11/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
24/11/2025	25/11/2025	26/11/2025	27/11/2025	28/11/2025
A. Spaghetti Bolognese with Parmesan Cheese	A. Classic Apricot Chicken with Rice <b>GF</b>	A. Roast Pork with Gravy & Apple Sauce <b>GF</b>	A. Creamy Garlic Chicken with Penne	A. Baked Fish & Lemon Butter Sauce on Mashed Potato <b>GF</b>
B. Steak Dianne & Mashed Potato <b>GF</b>	B. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF</b>	B. Chicken Schnitzel with Mild Peppercorn Sauce & Mashed Potato	B. Beef Sausages & Tomato Onion Gravy on Mashed Potato <b>GF</b>	B. Chinese Battered Lemon Chicken with Rice

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### Week 49

Return Menu by 24/11/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
01/12/2025	02/12/2025	03/12/2025	04/12/2025	05/12/2025
A. Traditional Beef Casserole <b>GF</b>	A. Honey Soy Chicken with Rice <b>GF</b>	A. Corned Beef with Onion Parsley White Sauce <b>GF</b>	A. Braised Steak & Onions on Mashed Potato <b>GF</b>	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF</b>
B. Battered Pork with Sweet & Sour Sauce on Rice	B. Beef Sausages & Tomato Onion Gravy on Mashed Potato <b>GF</b>	B. Pork Schnitzel with Potato Gems & Gravy	B. Coconut Curried Chicken with Rice <b>GF</b>	B. Spinach & Ricotta Lasagna

### Week 50

Return Menu by 01/12/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
08/12/2025	09/12/2025	10/12/2025	11/12/2025	12/12/2025
A. Beef Stroganoff with Mushrooms & Mashed Potato <b>GF</b>	A. Shepherd's Pie <b>GF</b>	A. Roasted Chicken Thigh & Gravy <b>GF</b>	A. Mild Curried Beef with Mashed Potato <b>GF</b>	A. Baked Fish with Hollandaise Sauce & Rice <b>GF</b>
B. Chicken Schnitzel with Potato Wedges & Gravy	B. Beef Lasagna	B. Beef Burgundy with Bacon, Red Wine & Mashed Potato <b>GF</b>	B. Beef Tortellini with Creamy Cheese & Chive Sauce	B. Farmhouse Beef Pie & Mushy Peas

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### Week 51

Return Menu by 08/12/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
15/12/2025	16/12/2025	17/12/2025	18/12/2025	19/12/2025
A. Asian Plum Chicken with Rice <b>GF</b>	A. Battered Pork with Sweet & Sour Sauce on Rice	A. Roast Beef with Yorkshire Pudding & Gravy	A. Spaghetti Bolognese with Parmesan Cheese	A. Battered Fish with Potato Gems & Tartare Sauce <b>GF</b>
B. Beef Sausages & Tomato Onion Gravy <b>GF</b>	B. Baked Fish with Lemon Butter Sauce on Mashed Potato <b>GF</b>	B. Chicken à la King with Mashed Potato <b>GF</b>	B. Coconut Curried Prawns with Rice <b>GF</b>	B. Italian Meatballs with Napoli Sauce & Parmesan Cheese

### Week 52

Return Menu by 15/12/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
22/12/2025	23/12/2025	24/12/2025	25/12/2025	26/12/2025
A. Meatballs with Onion Gravy & Mashed Potato	A. Roasted Chicken Thigh with Asparagus & Hollandaise Sauce <b>GF</b>	A. Christmas Duo - Roasted Turkey & Smoked Ham with Gravy & Cranberries <b>GF</b>	A. <b>PUBLIC HOLIDAY – CHRISTMAS DAY NO DELIVERY</b>	A. <b>PUBLIC HOLIDAY – BOXING DAY NO DELIVERY</b>
B. Pickled Pork with Mustard Sauce <b>GF</b>	B. Hungarian Beef & Tomato Goulash with Mashed Potato <b>GF</b>	B. Roast Beef with Bearnaise Sauce <b>GF</b>	B.	B.

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### FROZEN MEAL OPTIONS:

1. Roast Pork, Gravy & Apple Sauce **GF-DF**
2. Battered Sweet & Sour Pork on Rice
3. Beef Meatballs & Onion Gravy on Mash
4. Roast Lamb, Gravy & Mint Sauce **GF-DF**
5. Shepherd's Pie **GF**
6. Beef Lasagne
7. Braised Steak on Mash **GF**
8. Corned Beef, Onion & Parsley White Sauce **GF**
9. Beef Sausages, Tomato & Onion Gravy on Mash **GF**
10. Roast Beef, Gravy & Yorkshire Pudding **DF**
11. Roasted Chicken Thigh & Gravy **GF-DF**
12. Mild Coconut Curried Chicken on Rice **GF**
13. Chicken Schnitzel & Gravy
14. Apricot Chicken on Rice **GF-DF**
15. Vegetable Lasagne **V**
16. Spinach & Ricotta Lasagne **V**
17. Massaman Coconut Vegetable Curry **GF-V**
18. Spinach, Fetta & Sundried Tomato Quiche **GF-V**
19. Vegetable Pastie **V**
20. Spaghetti Bolognese
21. Battered Sweet & Sour Fish on Rice **GF-DF**

**GF = GLUTEN FREE**

**DF = DAIRY FREE**

**V = VEGETARIAN**

### FROZEN VITAMISED MEALS

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