



Meals on Wheels

St Andrew's Townsville

Week 01

Return Menu by 22/12/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
29/12/2025	30/12/2025	31/12/2025	01/01/2026	02/01/2026
A. Spaghetti Bolognese with Parmesan Cheese	A. Beef Sausages with Tomato Onion Gravy on Mashed Potato GF	A. Roast Lamb with Gravy & Mint Sauce GF/DF	A. PUBLIC HOLIDAY – NEW YEAR'S DAY NO DELIVERY	A. ST ANDREW'S MOW CLOSURE – NO DELIVERY
B. Baked Chicken Thigh with Asparagus & Hollandaise Sauce GF	B. Mild Japanese Beef Curry with Rice	B. Classic Chicken Cacciatore with Mashed Potato GF	B.	B.

Week 02

Return Menu by 29/12/2025

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
05/01/2026	06/01/2026	07/01/2026	08/01/2026	09/01/2026
A. Chinese Plum Chicken with Rice GF/DF	A. Shepherd's Pie GF	A. Roast Pork with Gravy & Apple Sauce GF/DF	A. Classic Apricot Chicken with Rice GF/DF	A. Baked Fish with Lemon Butter Sauce & Mashed Potato GF
B. Pork Schnitzel with Golden Gravy & Potato Wedges	B. Chicken Kyiv with Honey Seeded Mustard	B. Tuscan Beef Lasagne	B. Braised Steak & Onions with Mashed Potato GF	B. Traditional Beef Casserole GF/DF

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 03

Return Menu by 05/01/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
12/01/2026	13/01/2026	14/01/2026	15/01/2026	16/01/2026
A. Beef Stroganoff with Mushrooms & Mashed Potato GF	A. Crumbed Fish & Potato Gems with Tartare Sauce	A. Roasted Chicken Thigh with Gravy GF/DF	A. Battered Sweet & Sour Pork with Rice DF	A. Curried Coconut Prawns with Rice GF
B. Chicken Schnitzel with Gravy & Potato Wedges	B. Tuscan Beef Lasagne	B. Hungarian Beef Goulash GF	B. Beef Meatballs with Onion Gravy & Mashed Potato	B. Chicken à la King with Mashed Potato GF

Week 04

Return Menu by 12/01/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
19/01/2026	20/01/2026	21/01/2026	22/01/2026	23/01/2026
A. Creamy Garlic Chicken with Penne & Parmesan Cheese	A. Pork Sausages with Golden Gravy & Mashed Potato GF	A. Corned Beef with Onion Parsley White Sauce GF	A. Bacon & Egg Quiche	A. Baked Fish with Lime Pepper Dusting, Hollandaise Sauce & Mashed Potato GF
B. Italian Meatballs with Napoli Sauce & Mashed Potato	B. Chinese Honey Soy Chicken with Rice GF/DF	B. Spaghetti Bolognese with Parmesan Cheese GF	B. Classic Apricot Chicken with Rice GF/DF	B. Farmhouse Beef Pie with Mushy Peas

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 05

Return Menu by 19/01/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
26/01/2026	27/01/2026	28/01/2026	29/01/2026	30/01/2026
A. PUBLIC HOLIDAY – AUSTRALIA DAY NO DELIVERY	A. Coconut Curried Chicken with Rice GF	A. Pickled Pork with Mustard Sauce GF	A. Beef Sausages with Tomato Onion Gravy & Mashed Potato GF	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice GF
B.	B. Beef Ravioli with Napoli Sauce & Parmesan Cheese	B. Classic Apricot Chicken with Rice GF/DF	B. Italiano Chicken Parmigiana with Potato Wedges	B. Mild Curried Beef with Mashed Potato GF

Week 06

Return Menu by 27/01/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/02/2026	03/02/2026	04/02/2026	05/02/2026	06/02/2026
A. Beef & Mushroom Tarragon Pot Pie	A. Baked Fish with Mornay Sauce & Mashed Potato GF	A. Roast Beef with Yorkshire Pudding & Gravy	A. Shepherd's Pie GF	A. Salmon Patties with Hollandaise Sauce
B. Battered Pork with Sweet & Sour Sauce on Rice GF	B. Classic Apricot Chicken with Rice GF/DF	B. Indian Butter Chicken with Rice GF	B. Spinach Ricotta Lasagne	B. Malaysian Satay Beef with Rice GF

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.