



# Meals on Wheels

## St Andrew's Townsville

### Week 07

Return Menu by 02/02/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/02/2026	10/02/2026	11/02/2026	12/02/2026	13/02/2026
A. Traditional Beef Casserole <b>GF</b>	A. Chicken Kyiv with Honey Seeded Mustard & Mashed Potato	A. Roast Lamb with Gravy & Mint Sauce <b>GF</b>	A. Battered Pork with Sweet & Sour Sauce on Rice	A. Baked Fish with Lemon Butter Sauce & Mashed Potato <b>GF</b>
B. Classic Chicken Parmigiana with Potato Wedges	B. Hungarian Beef Goulash with Mashed Potato <b>GF</b>	B. Mild Chilli Con Carne with Rice <b>GF</b>	B. Chicken à la King with Mashed Potato <b>GF</b>	B. Tuscan Beef Lasagne

### Week 08

Return Menu by 09/02/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
16/02/2026	17/02/2026	18/02/2026	19/02/2026	20/02/2026
A. Spaghetti Bolognese with Parmesan Cheese	A. Coconut Curried Chicken with Rice <b>GF</b>	A. Roast Pork with Gravy & Apple Sauce <b>GF</b>	A. Shepherd's Pie <b>GF</b>	A. Crumbed Fish & Potato Wedges with Tartare Sauce
B. Beef Sausages with Tomato Onion Gravy & Mashed Potato <b>GF</b>	B. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF</b>	B. Creamy Garlic Chicken & Penne Pasta	B. Beef Ravioli with Tomato Napoli Sauce & Parmesan Cheese	B. Beef Burgundy with Bacon, Red wine & Mashed Potato <b>GF</b>

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### Week 09

Return Menu by 16/02/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
23/02/2026	24/02/2026	25/02/2026	26/02/2026	27/02/2026
A. Beef Meatballs with Caramelised Onion Gravy & Mashed Potato	A. Classic Apricot Chicken with Rice <b>GF</b>	A. Roasted Chicken Thigh & Gravy <b>GF</b>	A. Braised Steak with Onions & Mashed Potato <b>GF</b>	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF</b>
B. Pork Schnitzel with Golden Gravy	B. Tuscan Beef Lasagne	B. Curried Beef Sausages with Mashed Potato <b>GF</b>	B. Asian Plum Chicken with Rice <b>GF</b>	B. Mild Curried Beef with Mashed Potato <b>GF</b>

### Week 10

Return Menu by 23/02/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2026	03/03/2026	04/03/2026	05/03/2026	06/03/2026
A. Chicken Kyiv with Honey Mustard & Mash	A. Coconut Curried Prawns with Rice <b>GF</b>	A. Corned Beef with Onion & Parsley White Sauce <b>GF</b>	A. Classic Apricot Chicken with Rice <b>GF</b>	A. Baked Fish with Hollandaise Sauce & Rice <b>GF</b>
B. Beef Stroganoff with Mushrooms & Mashed Potato <b>GF</b>	B. Beef Sausages with Tomato Onion Gravy & Mashed Potato <b>GF</b>	B. Classic Chicken Cacciatore with 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 11

Return Menu by 02/03/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
09/03/2026	10/03/2026	11/03/2026	12/03/2026	13/03/2026
A. Battered Sweet & Sour Pork with Rice	A. Shepherd's Pie <b>GF</b>	A. Roast beef with Yorkshire pudding & Gravy	A. Coconut Curried Chicken with Rice <b>GF</b>	A. Battered Fish Goujons with Potato Gems & Tartare Sauce <b>GF</b>
B. Chicken Schnitzel with Mushroom Sauce & Potato Gems	B. Baked Fish with Lemon Butter Sauce & Mashed Potato <b>GF</b>	B. Roasted Chicken Thigh with Asparagus & Hollandaise Sauce <b>GF</b>	B. Italian Meatballs with Napoli Sauce & Parmesan Cheese on Mashed Potato	B. Indian Beef Korma with Rice <b>GF</b>

### Week 12

Return Menu by 09/03/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
16/03/2026	17/03/2026	18/03/2026	19/03/2026	20/03/2026
A. Honey Soy Chicken with Rice <b>GF</b>	A. Authentic Irish Guinness Stew <b>GF</b>	A. Pickled Pork with Mustard Sauce <b>GF</b>	A. Indian Butter Chicken with Rice <b>GF</b>	A. Salmon Pattie with Dill Hollandaise Sauce & Mash
B. Italian Meatballs with Tuscan Sauce, Parmesan Cheese & Pasta	B. Irish Pork Sausages with Golden Gravy & Mashed Potato <b>GF</b>	B. Spaghetti Bolognese with Parmesan Cheese	B. Braised Steak & Onions with Mashed Potato <b>GF</b>	B. Malaysian Satay Beef with Rice <b>GF</b>

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# 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 & Crustless 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.