



Meals on Wheels

St Andrew's Townsville

Week 13

Return Menu by 16/03/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
23/03/2026	24/03/2026	25/03/2026	26/03/2026	27/03/2026
A. Beef Stroganoff with Mushrooms on Mashed Potato GF	A. Classic Apricot Chicken on Rice GF / DF	A. Roast Lamb & Gravy with Mint Sauce GF / DF	A. Shepherds Pie GF	A. Baked Fish with Lemon Butter Sauce GF
B. Pork Schnitzel with Golden Gravy & Potato Wedges	B. Curried Beef Sausages on Mashed Potato GF	B. Spinach & Ricotta Lasagne	B. Chinese Battered Chicken with Lemon Sauce On Rice	B. Classic Chicken Cacciatore on Mashed Potato GF

Week 14

Return Menu by 23/03/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
30/03/2026	31/03/2026	01/04/2026	02/04/2026	03/04/2026
A. Spaghetti Bolognese with Parmesan Cheese	A. Coconut Curried Chicken GF	A. Roast Pork & Gravy With Apple Sauce GF / DF	A. Crumbed Fish & Potato Wedges with Tartare Sauce	A. PUBLIC HOLIDAY – GOOD FRIDAY NO DELIVERY
B. Roasted Chicken Thigh with Asparagus & Hollandaise Sauce on Mashed Potato GF	B. Battered Pork with Sweet & Sour Sauce On Rice	B. Steak & Kidney Pot Pie	B. Braised Steak & Onions on Mashed Potato GF	B.

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 15

Return Menu by 30/03/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
06/04/2026	07/04/2026	08/04/2026	09/04/2026	10/04/2026
A. PUBLIC HOLIDAY – EASTER MONDAY NO DELIVERY	A. Beef Meatballs & Onion Gravy on Mashed Potato	A. Roasted Chicken Thigh & Gravy GF / DF	A. Tuscan Beef Lasagne	A. Battered Fish Goujons with Sweet & Sour Sauce On Rice GF / DF
B.	B. Tortellini with Creamy Garlic & Chive Sauce	B. Traditional Beef Casserole GF / DF	B. Chinese Honey Soy Chicken on Rice GF / DF	B. Pork Sausages & Golden Gravy GF

Week 16

Return Menu by 06/04/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
13/04/2026	14/04/2026	15/04/2026	16/04/2026	17/04/2026
A. Traditional Beef Casserole GF / DF	A. Shepherds Pie GF	A. Roast Beef & Gravy with Yorkshire Pudding DF	A. Coconut Curried Chicken on Rice GF	A. Baked Fish with Lime Pepper Dusting and Hollandaise Sauce
B. Chicken Schnitzel with Mushroom Sauce & Potato Wedges	B. Malaysian Satay Beef on Rice	B. Indian Butter Chicken on Rice GF	B. Lamb Sausages & Minted Gravy on Mashed Potatoes	B. Farmhouse Beef Pie with Mushy Peas

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



Meals on Wheels

St Andrew's Townsville

Week 17

Return Menu by 13/04/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
20/04/2026	21/04/2026	22/04/2026	23/04/2026	24/04/2026
A. Chicken Kiev with Honey Seeded Mustard	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice GF	A. Picked Pork with Mustard Sauce GF	A. Braised Steak and Onions on Mashed Potato GF	A. Salmon Patty on Mashed Potato with Tartare Sauce
B. Mild Curried Beef on Mashed Potato GF	B. Spaghetti Bolognese with Parmesan Cheese	B. Beef, Mushroom & Tarragon Pot Pie	B. Classic Apricot Chicken on Rice GF	B. Asian Plum Chicken on Rice GF

Week 18

Return Menu by 20/04/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
27/04/2026	28/04/2026	29/04/2026	30/04/2026	01/05/2026
A. Battered Pork with Sweet & Sour Sauce on Rice	A. Coconut Curried Prawns on Rice GF	A. Corned Beef, Onion, Parsley White Sauce GF	A. Chicken Kiev with Honey Mustard Sauce on Mashed Potato	A. Baked Fish Florentine GF
B. Beef Sausages with Tomato Onion Gravy on Mashed Potato GF	B. Creamy Garlic Chicken & Penne Pasta	B. Italian Meatballs with Tuscan Sauce & Pasta	B. Beef Burgundy with Bacon & Red Wine on Mashed Potato GF	B. Chicken Schnitzel with Mushroom Sauce

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.