



# Meals on Wheels

## St Andrew's Townsville

### Week 19

Return Menu by 27/04/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
04/05/2026	05/05/2026	06/05/2026	07/05/2026	08/05/2026
A. <b>PUBLIC HOLIDAY –            LABOUR DAY</b> <b>NO DELIVERY</b>	A. Chicken Kyiv with Honey Mustard Sauce & Mashed Potato	A. Roast Lamb with Gravy & Mint Jelly <b>GF</b>	A. Shepherd's Pie <b>GF</b>	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF/A</b>
B.	B. Beef Meatballs with Caramelised Onion Gravy & Mashed Potato	B. Classic Apricot Chicken with Rice <b>GF</b>	B. Pork Sausages with Golden Gravy & Seasoned Potato Wedges	B. Hungarian Beef Goulash with Sour Cream & Mashed Potato <b>GF</b>

### Week 20

Return Menu by 05/05/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
11/05/2026	12/05/2026	13/05/2026	14/05/2026	15/05/2026
A. Spaghetti Bolognese & Parmesan Cheese	A. Creamy Garlic Chicken & Penne Pasta	A. Roast Pork, Gravy & Apple Sauce <b>GF/DF</b>	A. Indian Curried Beef Korma with Mashed Potato <b>GF</b>	A. Baked Fish with Lemon Butter Sauce & Mashed Potato <b>GF/I</b>
B. Beef Sausages with Tomato Onion Gravy & Mashed Potato <b>GF</b>	B. Mild Chilli Con Carne with Rice <b>GF</b>	B. Roasted Chicken Thigh with Mild Green Peppercorn Sauce & Mashed Potato <b>GF</b>	B. Tortellini Spinach & Ricotta with a Cheesy Sauce	B. Classic Chicken Cacciatore with Mashed Potato <b>GF</b>

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### Week 21

Return Menu by 11/05/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
18/05/2026	19/05/2026	20/05/2026	21/05/2026	22/05/2026
A. Beef Stroganoff with Mushrooms & Mashed Potato <b>GF</b>	A. Coconut Curried Prawns with Rice <b>GF/I</b>	A. Roasted Chicken Thigh with Gravy <b>GF</b>	A. Braised Steak & Onions with Mashed Potato <b>GF</b>	A. Crumbed Fish with Potato Wedges & Tartare Sauce <b>M</b>
B. Battered Pork with Sweet & Sour Sauce on Rice	B. Bacon, Onion & Cheese Quiche	B. Beef Ravioli with Napoli Sauce & Parmesan Cheese	B. Malaysian Satay Chicken with Rice <b>GF</b>	B. Curried Beef Sausages & Mashed Potato <b>GF</b>

### Week 22

Return Menu by 18/05/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
25/05/2026	26/05/2026	27/05/2026	28/05/2026	29/05/2026
A. Coconut Curried Chicken with Rice <b>GF</b>	A. Steak & Kidney Pot Pie	A. Roast Beef & Gravy with Yorkshire Pudding	A. Classic Apricot Chicken with Rice <b>GF</b>	A. Baked Fish Florentine with Mashed Potato <b>GF/I</b>
B. Pork Schnitzel with Plum Chilli Sauce & Seasoned Potato Wedges	B. Battered Fish Goujons with Sweet & Sour Sauce on Rice <b>GF/A</b>	B. Chicken Schnitzel & Mushroom Sauce	B. Spinach & Ricotta Lasagne	B. Farmhouse Beef Pie with Mushy Peas

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### Week 23

Return Menu by 25/05/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
01/06/2026	02/06/2026	03/06/2026	04/06/2026	05/06/2026
A. Traditional Beef Casserole <b>GF</b>	A. Shepherd's Pie <b>GF</b>	A. Pickled Pork with Mustard Sauce <b>GF</b>	A. Beef Meatballs with Onion Gravy & Mashed Potato	A. Baked Fish with Lime Pepper Dusting & Hollandaise Sauce <b>GF/I</b>
B. Classic Chicken Parmigiana	B. Crumbed Fish & Potato Wedges with Tartare Sauce <b>I</b>	B. Chicken à la King with Mashed Potato <b>GF</b>	B. Beef Tortellini with Creamy Garlic & Chive Sauce	B. Chicken Schnitzel with Gravy & Potato Gems

### Week 24

Return Menu by 01/06/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
08/06/2026	09/06/2026	10/06/2026	11/06/2026	12/06/2026
A. Chinese Honey Soy Chicken with Rice <b>GF</b>	A. Beef Burgundy with Bacon, Red Wine & Mashed Potato <b>GF</b>	A. Corned Beef & White Onion Parsley Sauce <b>GF</b>	A. Coconut Curried Chicken with Rice <b>GF</b>	A. Salmon Patty with Mashed Potato & Tartare Sauce <b>I</b>
B. Pork Sausages with Golden Gravy & Mashed Potato <b>GF</b>	B. Battered Pork Pieces with Sweet & Sour Sauce on Rice	B. Indian Butter Chicken with Rice <b>GF</b>	B. Tuscan Beef Lasagne	B. Beef Meatballs with Caramelised Onion Gravy & Mashed Potato

SANDWICHES AND COLD MEAT & SALAD AVAILABLE DAILY UPON REQUEST



# Meals on Wheels

## St Andrew's Townsville

### FROZEN MEAL OPTIONS:

1. Roast Pork with Gravy & Apple Sauce **GF-DF**
2. Battered Sweet & Sour Pork with Rice
3. Beef Meatballs & Onion Gravy with Mash
4. Roast Lamb with Gravy & Mint Sauce **GF-DF**
5. Shepherd's Pie **GF**
6. Beef Lasagne
7. Braised Steak with Mash **GF**
8. Corned Beef with Onion & Parsley White Sauce **GF**
9. Beef Sausages with Tomato & Onion Gravy on Mash **GF**
10. Roast Beef with Gravy & Yorkshire Pudding **DF**
11. Roasted Chicken Thigh & Gravy **GF-DF**
12. Mild Coconut Curried Chicken with Rice **GF**
13. Chicken Schnitzel & Gravy
14. Apricot Chicken with 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 with Rice **GF-DF-A**

**GF = GLUTEN FREE**

**DF = DAIRY FREE**

**V = VEGETARIAN**

**A = AUSTRALIAN SEAFOOD**

**I = IMPORTED SEAFOOD**

**M = MIXED AUSTRALIAN & IMPORTED SEAFOOD**

### FROZEN VITAMISED MEALS

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