



Meals on WheelsTM

St Andrew's Townsville

Week 01

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
A. Traditional Beef Casserole DF GF	A. Chicken Kyiv with Honey Seeded Mustard & Mashed Potato	A. Roast Lamb with Gravy & Mint Sauce DF GF	A. Battered Pork Pieces with Sweet & Sour Sauce on Rice	A. Baked Fish with Lemon Butter Sauce & Mashed Potato GF I
B. Classic Chicken Parmigiana with Seasoned Potato Wedges	B. Mexican Mild Beef Chilli Con Carne with Rice DF GF	B. Hungarian Beef Goulash & Mashed Potato GF	B. Chicken à la King with Mashed Potato GF	B. Tuscan Beef Lasagne
Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____
<i>Other:</i> Sandwich _____ Cold Meat & Salad _____ Soup of the Day _____ Dessert of the Day _____	<i>Other:</i> Sandwich _____ Cold Meat & Salad _____ Soup of the Day _____ Dessert of the Day _____	<i>Other:</i> Sandwich _____ Cold Meat & Salad _____ Soup of the Day _____ Dessert of the Day _____	<i>Other:</i> Sandwich _____ Cold Meat & Salad _____ Soup of the Day _____ Dessert of the Day _____	<i>Other:</i> Sandwich _____ Cold Meat & Salad _____ Soup of the Day _____ Dessert of the Day _____

Week 02

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Monday	Tuesday	Wednesday	Thursday	Friday
A. Spaghetti Bolognese with Parmesan Cheese	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice DF GF A	A. Roast Pork with Gravy & Apple Sauce DF GF	A. Shepherd's Pie GF	A. Crumbed Fish with Seasoned Potato Wedges & Tartare Sauce I
B. Beef Sausages with Tomato & Onion Gravy on Mashed Potato GF	B. Coconut Curried Chicken with Rice GF	B. Creamy Garlic Chicken with Penne Pasta	B. Pork Sausages with Pear & Sage Sauce on Mashed Potato GF	B. Beef Burgundy with Bacon & Red Wine on Mashed Potato GF
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SANDWICHES AND COLD MEAT & SALADS AVAILABLE DAILY UPON REQUEST



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Week 03

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
A. Beef Meatballs with Caramelised Onion Gravy & Mashed Potato	A. Classic Apricot Chicken with Rice DF GF	A. Roasted Chicken Thigh with Gravy DF GF	A. Braised Steak & Onions with Mashed Potato GF	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice GF A
B. Beef Stroganoff with Mushrooms, Sour Cream & Mashed Potato GF	B. Pork Schnitzel with Golden Gravy & Seasoned Potato Wedges	B. Curried Beef Sausages & Mashed Potato GF	B. Asian Plum Chicken with Rice DF GF	B. Farmhouse Beef Pie with Mushy Peas
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Week 04

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
A. Chicken Kyiv with Honey Seeded Mustard & Mashed Potato	A. Mild Coconut Curried Prawns with Rice I	A. Corned Beef with Onion & Parsley White Sauce GF	A. Beef Tortellini with Creamy Cheese & Chive Sauce	A. Baked Fish with Hollandaise Sauce & Rice GF I
B. Beef Sausages with Tomato & Onion Gravy on Mashed Potato GF	B. Vegetarian Lasagne V	B. Italian Chicken Cacciatore with Olives & Mashed Potato GF	B. Classic Apricot Chicken with Rice DF GF	B. Mild Curried Beef & Mashed Potato GF
Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____	Frozen meal # _____ Frozen meal # _____
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Week 05

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Monday	Tuesday	Wednesday	Thursday	Friday
A. Shepherd's Pie GF	A. Baked Fish with Lemon Butter Sauce & Mashed Potato GF I	A. Roast Beef & Gravy with Yorkshire Pudding	A. Coconut Curried Chicken with Rice GF	A. Battered Fish Goujons with Seasoned Potato Wedges & Tartare Sauce A
B. Battered Pork Pieces with Sweet & Sour Sauce on Rice	B. Steak & Kidney Stew DF GF	B. Chicken Schnitzel with Mushroom Sauce & Seasoned Potato Wedges	B. Vegetarian Pastie V	B. Beef Mushroom & Tarragon Pot Pie
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Week 06

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
A. Asian Honey Soy Chicken with Rice DF GF	A. Beef Meatballs with Caramelised Onion Gravy & Mashed Potato	A. Pickled Pork with Seeded Mustard Sauce GF	A. Braised Steak & Onions with Mashed Potato GF	A. Salmon Patty with Hollandaise Sauce & Mashed Potato M
B. Beef Ravioli with Napoli Sauce topped with Parmesan Cheese	B. Roasted Chicken Thigh with Asparagus & Hollandaise Sauce GF	B. Spaghetti Bolognese with Parmesan Cheese	B. Indian Butter Chicken with Rice GF	B. Malaysian Satay Beef with Rice GF
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SANDWICHES AND COLD MEAT & SALADS AVAILABLE DAILY UPON REQUEST



Meals on WheelsTM

St Andrew's Townsville

FROZEN MEAL OPTIONS:

1. Roast Pork with Gravy & Apple Sauce **DF GF**
2. Battered Sweet & Sour Pork with Rice
3. Beef Meatballs & Onion Gravy with Mash
4. Roast Lamb with Gravy & Mint Sauce **DF GF**
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 **DF GF**
12. Mild Coconut Curried Chicken with Rice **GF**
13. Chicken Schnitzel & Gravy
14. Apricot Chicken with Rice **DF GF**
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 **DF GF 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.