



Meals on Wheels

St Andrew's Townsville

Week 25

Return Menu by 08/06/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
15/06/2026	16/06/2026	17/06/2026	18/06/2026	19/06/2026
A. Traditional Beef Casserole GF/DF	A. Chicken Kyiv with Honey Seeded Mustard & Mashed Potato	A. Roast Lamb with Gravy & Mint Sauce GF/DF	A. Battered Pork with Sweet & Sour Sauce on Rice	A. Baked Fish with Lemon Butter Sauce & Mashed Potato I/ GF
B. Classic Chicken Parmigiana with Seasoned Potato Wedges	B. Mild Beef Chilli Con Carne with Rice GF/DF	B. Hungarian Beef Goulash & Mashed Potato GF	B. Chicken à la King with Mashed Potato GF	B. Tuscan Beef Lasagne

Week 26

Return Menu by 15/06/2026

PH 07 4728 1204

Monday	Tuesday	Wednesday	Thursday	Friday
22/06/2026	23/06/2026	24/06/2026	25/06/2026	26/06/2026
A. Spaghetti Bolognese with Parmesan Cheese	A. Battered Fish Goujons with Sweet & Sour Sauce on Rice GF/DF/A	A. Roast Pork with Gravy & Apple Sauce GF/DF	A. Shepherd's Pie GF	A. Crumbed Fish & Seasoned Potato Wedges with 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 & Penne Pasta	B. Pork Sausages with Pear & Sage Sauce on Mashed Potato GF	B. Beef Burgundy with Bacon & Red Wine on Mashed Potato GF

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.