



# Ken Ton Meals on Wheels Menu

## April 2017



| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| <p><b>3 Hot:</b> Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, Roll. Lorna Doones<br/> <b>Cold:</b> Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>         | <p><b>4 Hot:</b> Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oat-meal Raisin Cookie<br/> <b>Cold:</b> Seafood Pasta Salad, Crackers, Chef Salad, Pears</p>       | <p><b>5 Hot:</b> Polish Sausage, Red Potatoes, Sauerkraut w/Apples, Italian Vegetables, Hot Dog Roll, Chocolate Cherry Cake<br/> <b>Cold:</b> Julienne Salad, Pita, Tropical Fruit</p>              | <p><b>6 Hot:</b> Tortellini with Meat Sauce, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait<br/> <b>Cold:</b> Roast Beef on Roll, Carrot and Raisin Salad, Pineapple</p> | <p><b>7 Hot:</b> Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange<br/> <b>Cold:</b> Egg Salad on Wheat, Sweet &amp; Sour Slaw, Graham Crackers</p>                    |
| <p><b>10 Hot:</b> Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Molded Cranberry Salad<br/> <b>Cold:</b> Ham &amp; Swiss on Rye, Homemade Macaroni Salad, Orange</p>                       | <p><b>11 Hot:</b> Beef Pepper Steak Casserole, Broccoli, Wax Beans, Rice, Strawberry Bavarian<br/> <b>Cold:</b> Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>                           | <p><b>12 Hot:</b> Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia<br/> <b>Cold:</b> Turkey and Swiss on White, Broccoli &amp; Tomato Salad, Fruit Cocktail</p> | <p><b>13 Hot:</b> Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce<br/> <b>Cold:</b> Greek Chicken Salad, Crackers, Mandarin Oranges</p>          | <p><b>14</b><br/> <b>CLOSED</b><br/> <b>NO MEALS</b><br/> <b>GOOD FRIDAY</b><br/> <i>Happy Good Friday</i></p>   |
| <p><b>17 Hot:</b> Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple<br/> <b>Cold:</b> Ham &amp; Provolone Wrap, Cole Slaw, Homemade Cookie</p>                     | <p><b>18 Hot:</b> Breaded Chicken, Lima Bean Bake, Cheddar Mashed Potatoes &amp; Chives, Multigrain Bread, Pudding<br/> <b>Cold:</b> Julienne Salad, Wheat Crackers, Fruit Cocktail</p>          | <p><b>19 Hot:</b> Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie<br/> <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>                                  | <p><b>20 Hot:</b> Eggplant Roulette w/ Meat Sauce, Zucchini Medley, Dinner Roll, Cantaloupe<br/> <b>Cold:</b> Turkey on Wheat, Broccoli Salad, Applesauce</p>                                 | <p><b>21 Hot:</b> Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp<br/> <b>Cold:</b> Tuna Salad on Rye, Beet and Onion Salad, Orange</p>             |
| <p><b>24 Hot:</b> Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana<br/> <b>Cold:</b> Seafood Pasta Salad, Tomato Wedges, Chocolate Mint Cookie</p> | <p><b>25 Hot:</b> Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple<br/> <b>Cold:</b> Ham on Pumpnickel, Creamy Carrot Salad, Southern Banana Pudding</p> | <p><b>26 Hot:</b> Chicken Biscuit Pie with Gravy, Warm Apples, Brownie<br/> <b>Cold:</b> Beef &amp; Blue Cheese Salad, Pita, Mandarin Oranges</p>   | <p><b>27 Hot:</b> Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Cinnamon Streusel<br/> <b>Cold:</b> Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>        | <p><b>28 Hot:</b> Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Italian Bread, Lemon Bavarian<br/> <b>Cold:</b> Turkey on Marble Rye, Four Bean Salad, Orange</p> |
| <p style="text-align: center;"><b>Call 716-874-3595<br/>before 8:00 a.m. with<br/>cancellations</b></p>   | <p>Hot Meal            \$5.00<br/> Hot &amp; Cold Meal   \$7.50</p>  | <p style="text-align: center;">Milk and Juice are<br/>Included Daily</p>  |   |  |