



## Ken Ton Meals on Wheels Menu August 2017



Mon	Tue	Wed	Thu	Fri
<p><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>	<p><b>1 Hot:</b> Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Spiced Apples <b>Cold:</b> Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Brownie</p>	<p><b>2 Hot:</b> Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Peach Bavarian <b>Cold:</b> Turkey &amp; Swiss on White, Macaroni Salad, Fresh Fruit</p>	<p><b>3 Hot:</b> Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote <b>Cold:</b> Roast Beef on Rye, Salad, Homemade Cookie</p>	<p><b>4 Hot:</b> Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Peach Cobbler <b>Cold:</b> Greek Chicken Salad, Carrot Sticks, Pita, Pears</p>
<p><b>7 Hot:</b> Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit <b>Cold:</b> Julienne Salad, Roll, Pineapple</p>	<p><b>8 Hot:</b> Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli <b>Cold:</b> Turkey Rachel Sub, Applesauce</p>	<p><b>9 Hot:</b> Ham Loaf, Scalloped Potatoes, Italian Green Beans, Roll, Chocolate Bavarian <b>Cold:</b> Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p><b>10 Hot:</b> Herb Crusted Tilapia, Broccoli Cheese Rice Casserole, Zucchini with Diced Tomato, Wheat Bread, Marble Cake <b>Cold:</b> Cold Meat Loaf, Roll, Fruit Salad ,Homemade Cookie</p>	<p><b>11 Hot:</b> Breaded Chicken Breast with Tarragon Gravy, Roasted Red Potatoes, Peas + Carrots, Roll, Homemade Cookie <b>Cold:</b> Egg and Bacon Salad on Rye, Broccoli Salad, Banana</p>
<p><b>14 Hot:</b> Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian <b>Cold:</b> Antipasto Salad, Roll, Peaches</p>	<p><b>15 Hot:</b> Beef Stew, Brussels Sprouts, Biscuit, Pie <b>Cold:</b> Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Banana</p>	<p><b>16 Hot:</b> Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli, Italian Bread, Fruit Cocktail <b>Cold:</b> Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p><b>17 Hot:</b> Ham Steak with Brown Sugar Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie <b>Cold:</b> Tuna Salad on Rye, Marinated Tomato Slices, Pears</p>	<p><b>18 Hot:</b> Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange <b>Cold:</b> Roast Beef, Multi Grain Roll, Potato Salad, Pudding</p>
<p><b>21 Hot:</b> Polynesian Chicken, Green Beans, Rice, Summer Squash, Chocolate Cake <b>Cold:</b> Ham Salad over Mixed Greens, Breadstick, Ambrosia Salad</p>	<p><b>22 Hot:</b> Pulled BBQ Pork, Butternut Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p><b>23 Hot:</b> Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple <b>Cold:</b> Seafood Salad over greens with tomatoes, Wheat Pita, Cinnamon Pears</p>	<p><b>24 Hot:</b> Egg &amp; Cheese Soufflé, Harvard Beets, Honey Bran Square, Butterscotch Pudding <b>Cold:</b> Roast Beef on Rye, Broccoli Slaw, Fruit Cocktail</p>	<p><b>25 Hot:</b> Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait <b>Cold:</b> Turkey and Cheese on Wheat Roll, 4 Bean Salad, Mandarin Oranges</p>
<p><b>28 Hot:</b> Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse <b>Cold:</b> Tuna Salad over greens, tomatoes, crackers, Tropical Fruit</p>	<p><b>29 Hot:</b> Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail <b>Cold:</b> Turkey on Wheat, Copper Carrot Salad, Homemade Cookie</p>	<p><b>30 Hot:</b> Turkey, Gravy, Mashed Sweet Potatoes, Peas, Stuffing, Fruited Tapioca Pudding <b>Cold:</b> Assorted Sub, Marinated Tomato and Onion Salad, Pineapple Upside Down Cake</p>	<p><b>31 Hot:</b> Shepherds Pie, Breadsticks, Gingerbread Cake with Sugar, Warm Apples <b>Cold:</b> Salad Samplers, Pita, Lettuce, , Marinated Beets, Jell-O</p>	<p><b>Hot Meal                    \$5.00</b> <b>Hot &amp; Cold Meal       \$7.50</b></p> <p><b>Milk and Juice are Included Daily</b></p>