



Ken Ton Meals on Wheels Menu

August 2018



Mon	Tue	Wed	Thu	Fri
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>MILK and JUICE ARE INCLUDED DAILY</p> <p><i>Hot Meal \$5.00 Hot & Cold Meal : \$7.50</i></p>	<p>1. Hot: Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Peach Bavarian Cold: Turkey & Swiss on White, Macaroni Salad, Fresh Fruit</p>	<p>2. Hot: Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote Cold: Roast Beef on Rye, Garden Salad, Homemade Cookie</p>	<p>3. Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Warm Spiced Apples Cold: Greek Chicken Salad, Carrot Sticks, Pita, Brownie</p>
<p>6. Hot: Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Julienne Salad, Roll, Pineapple</p>	<p>7. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli Cold: Turkey Rachel Sandwich and Applesauce</p>	<p>8. Hot: BBQ Pork Ribette, Scaloped Potatoes, It. Green Beans, Roll, Chocolate Bavarian Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p>9. Hot: Herb Crusted Tilapia, Broccoli Cheese Rice Casserole, Zucchini with Diced Tomato, Wheat Bread, Marble Cake Cold: Cold Meat Loaf, Roll, Fruit Salad, Cookie</p>	<p>10. Hot: Breaded Chicken Breast with Tarragon Gravy, Red Potatoes, Peas and Carrots, Roll, Homemade Cookie Cold: Egg and Bacon Salad on Rye, Broccoli Salad, Banana</p>
<p>13. Hot: Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian Cold: Antipasto Salad, Roll, Peaches</p>	<p>14. Hot: Beef Stew, Brussels Sprouts, Biscuit, Pie Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Mandarin Oranges</p>	<p>15. Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli, Ital. Bread, Fruit Cocktail Cold: Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers ,Jell-O</p>	<p>16. Hot: Ham Steak with Pineapple Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie Cold: Tuna Salad on Wrap, Marinated Tomato Slices, Pears</p>	<p>17. Hot: Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange Cold: Roast Beef, Multi Grain Roll, Potato Salad, Pudding</p>
<p>20. Hot: Polynesian Chicken, Green Beans, Rice, Summer Squash, Chocolate Cake Cold: Ham Salad over Mixed Greens, roll, Strawberry Bavarian</p>	<p>21. Hot: Pulled BBQ Pork, Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar Cold: Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p>22. Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Cold: Seafood Salad over greens w/ tomatoes, Wheat Pita, Cinnamon Pears</p>	<p>23. Hot: Egg and Cheese Soufflé, Harvard Beets, Honey Bran Square, Butterscotch Pudding Cold: Roast Beef on Rye, Broccoli Slaw, Fruit Cocktail</p>	<p>24. Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait Cold: Turkey and Cheese on Croissant, 4 Bean Salad, Mandarin Oranges</p>
<p>27. Hot: Braised Pork w/ warm apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Tuna Salad over greens, tomatoes, crackers, Tropical Fruit</p>	<p>28. Hot: Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Turkey on Wheat, Orange/ Strawberry Salad, cookie</p>	<p>30. Hot: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Stuffing, Fruited Tapioca Pudding Cold: Assorted Sub, Marinated Tomato and Onion Salad, Pineapple Upside Down Cake</p>	<p>31. Hot: Shepherds Pie, Garlic Biscuit, Warm Apples, Cake Cold: Salad Samplers, Pita, Lettuce, Marinated Beets, Jell-O</p>	