




Ken Ton Meals on Wheels Menu December 2018



Mon	Tue	Wed	Thu	Fri
<p>3 Hot: Turkey Ala King, Mashed Potatoes, Carrots, Biscuit, Homemade Cookie Cold: Cold Tortellini Salad with Ham and Pepperoni, Breadstick, Applesauce</p>	<p>4 Hot: Ham and Scalloped Potato Casserole, Peas, Baked Pineapple, Rye Bread, Lemon Cake Cold: Turkey on Multigrain Bread, Chef Salad, Pudding</p>	<p>5 Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Corn Bread, Pear Crisp Cold: Cold Meat Loaf on Roll, Marinate Beet and Onion Salad, Melon Fruit Mix</p>	<p>6 Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers</p>	<p>7 Hot: Sausage Jambalaya over rice, Yellow Squash, Wheat Roll, Jell-O Cold: Egg Salad over Greens, Pita, Carrot Sticks Orange</p>
<p>10 Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, soft roll, Pineapple Cold: Tuna Mac Salas, Sweet and Sour Slaw, Wafers</p>	<p>11 Hot: Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse Cold: Chicken Cranberry Salad over greens, whole grain crackers, Brownie</p>	<p>12 Hot: Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Confetti Cauliflower, Wheat Roll, Peach Crisp Cold: Turkey on Multigrain bread, Macaroni Salad, Orange</p>	<p>13 Hot: Veal Parmesan with Sauce, Italian Green Beans, Chef Salad, Penne Pasta, Pumpkin Cake Cold: Roast Beef & Provolone on Rye, Waldorf Salad, Grahams</p>	<p>14 Hot: Turkey Chili con Carne, Carrots, Brown Rice, Corn Bread, Apple Cold: Ham Salad, Mixed Greens, Pita, Berry Shortcake</p>
<p>17 Hot: Cheese Ravioli with Meat Sauce, Peas, Yellow Squash and Peppers, Italian Bread, Cannoli Cold: Ham and Swiss on Brioche roll, Chef Salad, Pineapple</p>	<p>18 Hot: Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian Cold: Chicken Club Pasta, Crackers, Mandarin Oranges</p>	<p>19 Hot: Cabbage Roll with savory meat sauce, Mashed Potatoes, Corn, Rye Bread, Apricots Cold: Turkey on Multigrain, Marinated Vegetable Salad,</p>	<p>20 Hot: BBQ Pork Ribette, Au Gratin Potatoes, Roll, Seasoned Spinach w/Mushrooms, Lemon Cake Cold: Parmesan Tuna Salad, Wheat ,Beets, Orange</p>	<p>21 Hot: Breaded Fish Patty with Tartar Sauce, Mac and Cheese, Cole Slaw, Roll, Pineapple Cold: Roast Beef on Soft Roll, Potato Salad, Lorna Doone</p>
<p>24 Hot: Turkey, Gravy, Mashed Potatoes, Peas & Carrots, Roll, Stuffing, Cranberry , Pie Cold: Julienne Salad, crackers, Oatmeal Raisin Bar</p>	<p>25</p> <p>NO MEALS MERRY CHRISTMAS!</p> 	<p>26 Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage Stuffing, Cherry Cake Cold: Southwest Chicken Salad, Tortilla Chips, Apple</p>	<p>27 Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Pudding Cold: Salmon Caesar Salad, Pita, Peaches.</p>	<p>28 Hot: Cheese & Sausage Omelet, Hash Browns, Tomato and Basil Casserole, Tropical Fruit, Muffin Cold: Cold Meat Loaf, Brioche Roll , Broccoli Salad, Cinnamon Pears</p>
<p>31 Hot: Steak (cooked MW), Mashed Potatoes, Carrots, Roll, Chocolate Cake Cold: Antipasto Salad, Roll, Pears</p> <p style="text-align: center;">HAPPY NEW YEAR!!!</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>Hot Meal \$5.25 Hot & Cold Meal \$7.85</p> <p style="text-align: center;">Milk and Juice are Included Daily</p>	<p style="text-align: center;">WATCH FOR YOUR FREE NEW YEARS EVE TREAT BAG THE LAST WEEK OF DECEMBER</p>	