




Ken Ton Meals on Wheels Menu

February 2017



Mon	Tue	Wed	Thu	Fri
		1 Hot: Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Peach Bavarian Cold: Turkey & Swiss on White, Macaroni Salad, Fresh Fruit	2 Hot: Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote Cold: Roast Beef, Rye, Garden Salad, Homemade Cookie	3 Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Peach Cobbler Cold: Greek Chicken Salad, Carrot Sticks, Pita, Pears
6 Hot: Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Julienne Salad, Roll, Pineapple	7 Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli Cold: Turkey Rachel Sub, Applesauce	8 Hot: Ham Loaf, Scalloped Potatoes, Italian Green Beans, Roll, Chocolate Bavarian Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake	9 Hot: Herb Crusted Tilapia, Broccoli Cheese Rice Casserole, Zucchini with Diced Tomato, Wheat Bread, Marble Cake Cold: Cold Meat Loaf, Roll, Fruit Salad ,Homemade Cookie	10 Hot: Breaded Chicken Breast with Tarragon Gravy, Roasted Red Potatoes, Peas & Carrots, Roll, Homemade Cookie Cold: Egg and Bacon Salad on Rye, Broccoli Salad, Banana
13 Hot: Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian Cold: Antipasto Salad, Roll, Peaches	14 Hot: Beef Stew, Brussels Sprouts, Biscuit, Happy Valentine Cut Out Cookies Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Banana	15 Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli, Ital. Bread, Fruit Cocktail Cold: Egg and Olive Salad over Spring Mixed Greens, Crackers, Cucumbers, Jell-O	16 Hot: Ham Steak with Brown Sugar Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie Cold: Tuna Salad on Rye, Marinated Tomato Slices, Pears	17 Hot: Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange Cold: Roast Beef, Multi Grain Roll, Potato Salad, Pudding
20 NO MEALS TODAY 	21 Hot: Pulled BBQ Pork, Butternut Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar Cold: Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad	22 Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Cold: Seafood Salad over greens with tomatoes, Wheat Pita, Cinnamon Pears	23 Hot: Egg and Vegetable Omelet, Harvard Beets, Honey Bran Square, Butterscotch Pudding Cold: Roast Beef on Rye, Broccoli Slaw, Fruit Cocktail	24 Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait Cold: Turkey and Cheese on Wheat Roll, 4 Bean Salad, Mandarin Oranges
27 Hot: Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Tuna Salad over greens, tomatoes, crackers, Fruit	28 SHROVE TUESDAY! HOT: Pancakes, Syrup, Eggs, Sausage, Spiced Apples, Home Fries, Brownie COLD: Turkey on Multigrain, Copper Carrot Salad, Banana	Call 716-874-3595 before 8:00 a.m. with cancellations	<i>Hot Meal : \$5.00</i> <i>Hot & Cold Meal : \$7.50</i>	MILK and JUICE ARE INCLUDED DAILY