




# Ken Ton Meals on Wheels Menu February 2018



Mon	Tue	Wed	Thu	Fri
<p><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>	<p><i>Hot Meal : \$5.00</i> <i>Hot &amp; Cold Meal : \$7.50</i></p>	<p>MILK and JUICE ARE INCLUDED DAILY</p>	<p><b>1 Hot:</b> Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote <b>Cold:</b> Roast Beef on Rye, Garden Salad, Homemade Cookie</p>	<p><b>2 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>5 Hot:</b> Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit <b>Cold:</b> Julienne Salad, Roll, Pineapple</p>	<p><b>6 Hot:</b> Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli <b>Cold:</b> Turkey Rachel Sub, Applesauce</p>	<p><b>7 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>8 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>9 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>12 Hot:</b> Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian <b>Cold:</b> Antipasto Salad, Roll, Peaches</p>	<p><b>13 SHROVE TUESDAY!</b> <b>HOT:</b> Pancakes, Syrup, Eggs, Sausage, Spiced Apples, Home Fries, Brownie <b>COLD:</b> Chick. Salad, Multigrain, Copper Carrot Salad, Banana</p>	<p><b>14 ASH WEDNESDAY</b> <b>Hot:</b> Breaded Fish with Tartar, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail <b>Cold:</b> Egg and Olive Salad over mixed greens, Crackers, Jell-O</p>	<p><b>15 Hot:</b> Ham Steak with Brown Sugar Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie <b>Cold:</b> Roast Beef on Rye, Marinated Tomato Slices, Pears</p>	<p><b>16 HOT:</b> Tortellini with Cheese Sauce, Spinach, Grilled Italian Vegetables, Orange <b>COLD:</b> Tuna on Wheat Roll, Potato Salad, Pudding</p>
<p><b>19</b></p> <p style="text-align: center;"><b>NO MEALS TODAY</b></p> 	<p><b>20 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>21 Hot:</b> Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple <b>Cold:</b> Turkey &amp; Cheese on Wheat Roll, 4 Bean Salad, Mandarin Oranges</p>	<p><b>22 Hot:</b> Polynesian Chicken over Rice, Green Beans, Squash with Red Peppers, Cake <b>Cold:</b> Ham Salad over Chef Salad, Ambrosia, Breadstick</p>	<p><b>23 Hot:</b> Beer Battered Fish, Cole Slaw, Peas. Cornbread, Fruit Parfait <b>Cold:</b> Seafood Salad over Chef Salad, Pita, Pears</p>
<p><b>26 Hot:</b> Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse <b>Cold:</b> Roast Beef on Kaiser, Macaroni Salad, Lemon Berry Pudding</p>	<p><b>27 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>28 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>		