





# Ken Ton Meals on Wheels Menu February 2019



Mon	Tue	Wed	Thu	Fri						
<p><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>	<p><b>NOW OFFERING BREAKFAST</b> (unable to provide substitutions) <b>Get all three meals each day for \$9.00</b></p>			<p><b>1. Hot:</b> Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Warm Spiced Apples <b>Cold:</b> Greek Chicken Salad, Carrot Sticks, Pita, Brownie</p>						
<p><b>4. Hot:</b> Pot Roast, Mashed Potatoes, Mixed Vegetables, Biscuit, Strawberry Jell-O w/ Fruit <b>Cold:</b> Julienne Salad, Roll, Pineapple</p>	<p><b>5. Hot:</b> Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli <b>Cold:</b> Turkey Rachel Sandwich, Applesauce</p>	<p><b>6. Hot:</b> BBQ Pork Ribette, Scalloped Potatoes, Italian Green Beans &amp; Peppers, Roll, Chocolate Bavarian <b>Cold:</b> Chicken Pasta Salad, Crackers, Mandarin Oranges,</p>	<p><b>7. 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>8. Hot:</b> Breaded Chicken Breast with Gravy, Roasted Red Potatoes, California Blend, Roll, Homemade Cookie <b>Cold:</b> Egg and Bacon Salad on Rye, Broccoli Salad, Banana</p>						
<p><b>11. Hot:</b> Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian <b>Cold:</b> Antipasto Salad, Roll, Peaches</p>	<p><b>12. Hot:</b> Beef Stew, Brussels Sprouts, Biscuit, Pie <b>Cold:</b> Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Mandarin Oranges, Cake</p>	<p><b>13. Hot:</b> Stuffed Peppers, Meat Sauce, Cheesy Mashed Potatoes, Broccoli, Ital. Bread, Fruit Cocktail <b>Cold:</b> Egg and Olive Salad over Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p><b>14. Hot:</b> Shrimp Scampi with Pasta, It. Roasted Vegetables, Spinach, Roll, Cupcake <b>Cold:</b> Tuna Salad on Wrap, Strawberry Spinach Salad w/ Feta, Pears</p>	<p><b>15. Hot:</b> Chicken over Cheese Tortellini, Carrots, Bermuda Vegetables, Orange <b>Cold:</b> Roast Beef, Multi Grain Roll, Potato Salad, Pudding</p>						
<p><b>18. President's Day No Meal Service</b></p> 	<p><b>19. Hot:</b> Pulled BBQ Pork, Squash, Roasted Red Potatoes, Wheat Roll, Melon Salad <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Cookie Bar</p>	<p><b>20. Hot:</b> Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Pie <b>Cold:</b> Seafood Salad over greens with tomatoes, Wheat Pita, Cinnamon Pears</p>	<p><b>21. Hot:</b> Turkey Chili Con Carne, Broccoli, Brown Rice, Corn Bread and Butterscotch Pudding <b>Cold:</b> Roast Beef, Rye Bread, Broccoli Slaw, Fruit Cocktail</p>	<p><b>22. Hot:</b> Beer Battered Fish, Cole Slaw, German Potato Salad, Dinner Roll, Fruit Parfait <b>Cold:</b> Turkey and Cheese on Wheat Roll, 4 Bean Salad, Mandarin Oranges</p>						
<p><b>25. 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>26. Hot:</b> Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail <b>Cold:</b> Turkey on Wheat, Orange Strawberry Salad, Homemade Cookie</p>	<p><b>27. 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>28. Hot:</b> Shepherds Pie, Garlic Biscuit, Warm Apples, Gingerbread Cake with Sugar <b>Cold:</b> Salad Samplers, Pita, Lettuce, Marinated Beets, Jell-O</p>	<table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;"><b>Hot Meal</b></td> <td style="text-align: right;"><b>\$5.25</b></td> </tr> <tr> <td><b>Hot &amp; Cold Meal</b></td> <td style="text-align: right;"><b>\$7.85</b></td> </tr> <tr> <td><b>Snack Pack</b></td> <td style="text-align: right;"><b>\$5.00</b></td> </tr> </table> <p style="text-align: center; font-size: small; margin-top: 10px;">Milk and Juice are included daily</p>	<b>Hot Meal</b>	<b>\$5.25</b>	<b>Hot &amp; Cold Meal</b>	<b>\$7.85</b>	<b>Snack Pack</b>	<b>\$5.00</b>
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