



Ken Ton Meals on Wheels Menu January 2018



Mon	Tue	Wed	Thu	Fri	
<p>1</p> <p style="text-align: center;">NO MEALS TODAY</p> <p style="text-align: center;">HAPPY NEW YEAR!</p>	<p>2 Hot: Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange</p> <p>Cold: Roast Beef on Roll, Carrot and Raisin Salad, Pineapple</p>	<p>3 Hot: Polish Sausage, Red Potatoes, Sauerkraut w/Apples, Mixed Vegetables, Hot Dog Roll, Chocolate Cherry Cake</p> <p>Cold: Julienne Salad, Pita, Tropical Fruit</p>	<p>4 Hot: Tortellini with Meat Sauce, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait</p> <p>Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Graham Crackers</p>	<p>5 Hot: Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oatmeal Raisin Cookie</p> <p>Cold: Seafood Pasta Salad, Crackers, Chef Salad, Pears</p>	
<p>8 Hot: Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Molded Cranberry Salad</p> <p>Cold: Ham & Swiss on Rye, Homemade Macaroni Salad, Orange</p>	<p>9 Hot: Beef Pepper Steak Casserole, Broccoli, Wax Beans, Rice, Strawberry Bavarian</p> <p>Cold: Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>	<p>10 Hot: Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia</p> <p>Cold: Turkey and Swiss on White, Broccoli & Tomato Salad,</p>	<p>11 Hot: Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce</p> <p>Cold: Greek Chicken Salad, Crackers, Mandarin Oranges</p>	<p>12 Hot: Baked Tilapia w/ seafood sauce, Cole Slaw, Stewed Tomato and Zucchini, Rice Pilaf, Brownie</p> <p>Cold: Roast Beef & Cheese on Roll, Potato Salad, Tropical Fruit</p>	
<p>15</p> <p style="text-align: center;">NO MEALS TODAY</p> <p style="text-align: center;">MLK DAY</p>	<p>16 Hot: Baked Chicken, Lima Bean Bake, Cheddar Mashed Potatoes & Chives, Roll, Pudding</p> <p>Cold: Julienne Salad, Wheat</p>	<p>17 Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie</p> <p>Cold: Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p>18 Hot: Eggplant Roulette w/ Meat Sauce, Zucchini Medley, Dinner Roll, Cantaloupe</p> <p>Cold: Turkey on Wheat, Broccoli Salad, Applesauce</p>	<p>19 Hot: Ham steak with Scaloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp</p> <p>Cold: Tuna Salad on Rye, Beet and Onion Salad, Orange</p>	
<p>22 Hot: Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana</p> <p>Cold: Seafood Pasta Salad, Tomato Wedges, Chocolate Mint Cookie</p>	<p>23 Hot: Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple</p> <p>Cold: Ham on Pumpernickel, Creamy Carrot Salad, Southern Banana Pudding</p>	<p>24 Hot: Chicken Biscuit Pie, Gravy, Warm Apples, Brownie</p> <p>Cold: Beef & Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p>25 Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Cinnamon Streusel</p> <p>Cold: Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>	<p>26 Hot: Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Italian Bread, Lemon Bavarian</p> <p>Cold: Turkey on Marble Rye, Four Bean Salad, Orange</p>	
<p>29 Hot: Egg and Vegetable Omelet with Cheese Sauce, Roasted Red Potatoes, Raisin Bread, Butterscotch Pudding</p> <p>Cold: Ham Salad, Wheat Roll, Pineapple Slaw, Jell-O</p>	<p>30 Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Spiced Apples</p> <p>Cold: Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Brownie</p>	<p>31 Hot: Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Peach Bavarian</p> <p>Cold: Turkey & Swiss on White, Macaroni Salad, Fresh Fruit</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>		
				<p><i>Hot Meal : \$5.00</i></p> <p><i>Hot & Cold Meal : \$7.50</i></p>	