
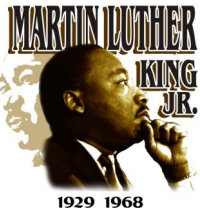




# Ken Ton Meals on Wheels Menu

## January 2019



Mon	Tue	Wed	Thu	Fri						
<p><b>Call 716-874-3595</b> <b>before 8:00 a.m. with</b> <b>cancellations</b></p>	<p><b>1. NO Meal delivery today</b></p> 	<p><b>Hot:</b> Polish Sausage, Potatoes, Sauerkraut w/Apples, Mixed Vegetables, Roll, Chocolate Cherry Cake <b>Cold:</b> Julienne Salad, Pita, Tropical Fruit</p>	<p><b>3. Hot:</b> Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oatmeal Raisin Cookie <b>Cold:</b> Seafood Pasta Salad, Crackers, Pears</p>	<p><b>4. Hot:</b> Penne with Meatballs, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait <b>Cold:</b> Egg Salad on Wheat, Sweet &amp; Sour Slaw, Nilla Wafers</p>						
<p><b>7. Hot:</b> Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Molded Cranberry Salad <b>Cold:</b> Ham &amp; Swiss on Rye, Homemade Macaroni Salad, Orange</p>	<p><b>8. Hot:</b> Beef Pepper Steak Casserole, Broccoli, Wax Beans, Rice, Strawberry Bavarian <b>Cold:</b> Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>	<p><b>9. Hot:</b> Homemade Goulash, Country Cottage Mix, Chef Salad, Roll, Ambrosia <b>Cold:</b> Turkey &amp; Swiss on Multi-grain bread, Broccoli w/ Tomato and Olives, Fruit Cocktail</p>	<p><b>10. Hot:</b> Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce <b>Cold:</b> Greek Chicken Salad, Crackers, Mandarin Oranges</p>	<p><b>11. Hot:</b> Baked Tilapia w/ seafood sauce, Cole Slaw, Stewed Tomato and Zucchini, Rice Pilaf, Brownie <b>Cold:</b> Roast Beef &amp; Cheese on Roll, Potato Salad, Tropical Fruit</p>						
<p><b>14. Hot:</b> Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple <b>Cold:</b> Ham &amp; Provolone Wrap, Coleslaw, Cookie</p>	<p><b>15. Hot:</b> Baked Chicken, Lima Bean Bake, Cheddar Mashed Potatoes &amp; Chives, Roll, Pudding <b>Cold:</b> Julienne Salad, Wheat Crackers, Fruit Cocktail</p>	<p><b>16. Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie</b> <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p><b>17. Hot:</b> Shrimp Scampi with Pasta, It. Roasted Vegetables, Spinach, Roll, Cantaloupe <b>Cold:</b> Turkey, Wheat Bread, Broccoli Salad, Cinnamon Applesauce</p>	<p><b>18. Hot:</b> Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp <b>Cold:</b> Tuna Salad on Rye, Beet and Onion Salad, Orange</p>						
<p><b>21 Closed NO Meal delivery today</b></p> 	<p><b>22. Hot:</b> Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple <b>Cold:</b> Ham on Pumpnickel, Creamy Carrot Salad, Southern Banana Pudding</p>	<p><b>23. Hot:</b> Chicken Biscuit Pie, Broccoli, Brownie <b>Cold:</b> Beef &amp; Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p><b>24. Hot:</b> Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Peanut Butter Cookie <b>Cold:</b> Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>	<p><b>25. Hot:</b> Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Lemon Bavarian <b>Cold:</b> Turkey on Marble Rye, Four Bean Salad, Orange</p>						
<p><b>28. Hot:</b> Battered Fish, Zucchini Medley with Peppers, Red Potatoes, Cornbread, Butterscotch Pudding <b>Cold:</b> Ham Salad, Wheat Roll, Pineapple Slaw, Gelatin</p>	<p><b>29. Hot:</b> Breaded Pork Chop, Gravy, Lazy Pierogi, Broccoli Blend, Roll, Cherry Cobbler <b>Cold:</b> Turkey on Swiss with Macaroni Salad, Fresh Fruit</p>	<p><b>30. Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Pears</b> <b>Cold:</b> Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Peach Bavarian</p>	<p><b>31. Boneless Chicken Breast over noodles, Gravy, Seasoned Squash, Peas, Berry Compote</b> <b>Cold:</b> Roast Beef on Rye, Garden Salad, Homemade Cookie</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;">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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