





# Ken Ton Meals on Wheels Menu

## July 2018



Mon	Tue	Wed	Thu	Fri
<p><b>2 Hot:</b> Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, Roll. Lorna Doones  <b>Cold:</b> Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p><b>3 Hot:</b> Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange  <b>Cold:</b> Roast Beef on Wheat Roll, Carrot and Raisin Salad, Pineapple</p>	<p><b>4</b></p>  <p><u>Closed for the Holiday. No meal delivery</u></p>	<p><b>5 Hot:</b> Homemade Goulash, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait  <b>Cold:</b> Egg Salad on Wheat, Sweet &amp; Sour Slaw, Nilla Wafers</p>	<p><b>6 Hot:</b> Chicken Marsala, Cauliflower, Mixed Veg., Rice, Homemade Oatmeal Raisin Cookie  <b>Cold:</b> Seafood Pasta Salad over mixed greens, Crackers, Pears</p>
<p><b>9 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>10 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>11 Hot:</b> Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia  <b>Cold:</b> Turkey and Swiss on White, Broccoli &amp; Tomato Salad, Fruit Cocktail</p>	<p><b>12 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>13 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>16 Hot:</b> Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple  <b>Cold:</b> Ham &amp; Provolone Wrap Cole Slaw, Lorna Doone</p>	<p><b>17 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>18 Hot:</b> Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie  <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p><b>19 Hot:</b> Eggplant Roulette w/Meat Sauce, Roasted Italian Veggies, Dinner Roll, Cantaloupe  <b>Cold:</b> Turkey on Wheat, Broccoli Salad, Applesauce</p>	<p><b>20 Hot:</b> Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp  <b>Cold:</b> Tuna Salad on Rye, Marinated Beets, Orange</p>
<p><b>23 Hot:</b> Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana  <b>Cold:</b> Seafood Pasta Salad, Roll, Tomato Wedges, Roll and Cookie</p>	<p><b>24 Hot:</b> Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple  <b>Cold:</b> Ham on Pumpkin, Creamy Carrot Salad, Southern Banana Pudding</p>	<p><b>25 Hot:</b> Chicken Biscuit Pie w/ Gravy, Warm Apples, Brownie  <b>Cold:</b> Beef &amp; Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p><b>26 Hot:</b> Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Cinnamon Streusel  <b>Cold:</b> Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>	<p><b>27 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>30 Hot:</b> Egg and Vegetable Omelet with Cheese Sauce, Roasted Red Potatoes, Raisin Bread, Butterscotch Pudding  <b>Cold:</b> Ham Salad, Wheat Roll, Pineapple Slaw, Jell-O</p>	<p><b>31 Hot:</b> Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Peach Cobbler  <b>Cold:</b> Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Pears</p>		<p><b>MILK and JUICE ARE INCLUDED DAILY</b></p> <p><i>Hot Meal \$5.00</i>  <i>Hot &amp; Cold Meal : \$7.50</i></p>	<p><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>