



Ken Ton Meals on Wheels Menu

June 2018



Mon	Tue	Wed	Thu	Fri
MILK and JUICE ARE INCLUDED DAILY <i>Hot Meal \$5.00</i> <i>Hot & Cold Meal : \$7.50</i>	Call 716-874-3595 before 8:00 a.m. with cancellations			1 Hot: Breaded Buffalo Chicken Breast, Fiesta Corn, Broccoli, Italian Bread, Orange Cold: Roast Beef on Kaiser, Macaroni Salad, Lemon Berry Pudding
4 Hot: Turkey Ala King, Mashed Potatoes, Carrots, Biscuit, Homemade Cookie Cold: Cold Tortellini Salad with Ham and Pepperoni, Breadstick, Applesauce	5 Hot: Ham and Scalloped Potato Casserole, Peas, Warm Pineapple, Rye Bread, Lemon Cake Cold: Turkey on Multigrain Bread, Chef Salad, Pudding	6 Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Corn Bread, Pear Crisp Cold: Cold Meat Loaf on Roll, Marinate Beet and Onion Salad, Melon Fruit Mix	7 Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Slice Cold Pork Loin and kale on Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers	8 Hot: Sausage Jambalaya over Rice, Wheat Roll, Seasoned Squash, Jell-O Cold: Egg Salad over Greens, Pita, 4 Bean Salad, Orange
11 Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, soft roll, Pineapple Cold: Tuna Salad on wheat roll, Sweet and Sour Slaw, Wafers	12 Hot: Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse Cold: Chicken Cranberry Salad over greens, Whole Grain Crackers, Brownie	13 Hot: Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Confetti Cauliflower, Wheat Roll, Peach Crisp Cold: Turkey on Multigrain bread, Macaroni Salad, Orange	14 Hot: Veal Parmesan w/ Sauce, Italian Green Beans, Chef Salad, Penne Pasta, Cake Cold: Roast Beef & Provolone on Rye, Waldorf Salad, Graham Crackers	15 Hot: Turkey Chili con Carne, Carrots, Brown Rice, Corn Bread, Apple Cold: Ham Salad, Mixed Greens, Pita, Berry Shortcake
18 Hot: Turkey, Gravy, Mashed Potatoes, Peas + Carrots, Stuffing, and Cranberry Jell-O Cold: Julienne Salad, crackers, Oatmeal Raisin Bar	19 Hot: Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian Cold: Chicken Club Pasta, Crackers, Mandarin Oranges	20 Hot: Cabbage Roll w/ savory meat sauce, Mashed Potatoes, Corn, Rye Bread, Apricots Cold: Turkey on Multigrain, Marinated Vegetable Salad, Applesauce	21 Hot: BBQ Pork Ribette, Au Gratin Potatoes, Seasoned Spinach with Mushrooms, Soft Roll, Lemon Cake Cold: Parmesan Tuna Salad, Wheat ,Beets, Orange	22 Hot: Breaded Fish Patty with Tartar Sauce, Mac and Cheese, Cole Slaw, Roll, Pineapple Cold: Roast Beef on Soft Roll, Potato Salad, Lorna Doone
25 Hot: Cheese Ravioli with Meat Sauce, Peas, Yellow Squash and Peppers, Italian Bread, Snicker Doodle Cold: Ham and Swiss ,Brioche roll, Chef Salad, Pineapple	26 Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Green Beans, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Peaches	27 Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage Stuffing, Cherry Cake Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple	28 Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Pudding Cold: Tortellini Salad, Wheat-Crackers, Mandarin Oranges, Brownie	29 Hot: Cheese & Sausage Omelet, Hash Browns, Tomato & Basil Casserole, Muffin, Tropical Fruit Cold: Cold Meat Loaf, Brioche Roll , Broccoli Salad, Cinnamon Pears