



Ken Ton Meals on Wheels Menu

March 2017



Mon	Tue	Wed	Thu	Fri
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>Hot Meal \$5.00 Hot & Cold Meal \$7.50</p> <p style="text-align: center;">Milk and Juice are Included Daily</p>	<p>1 Hot: Veggie Lasagna, Green Beans, Warm Peaches, Fruited Tapioca, Roll Cold: Salad Samplers, Pita, Lettuce, , Marinated Beets, Jell-O</p>	<p>2 Hot: Shepherds Pie, Breadsticks, Gingerbread Cookies Cold: Assorted Sub, Marinated Tomato and Onion Salad, Pineapple Upside Down Cake</p>	<p>3 HOT: Italian Baked Fish with Rigatoni, Broccoli, Chef Salad, Roll, Peach Bavarian COLD: Seafood Pasta, Cauliflower Salad , Tropical Fruit</p>
<p>6 Hot: Turkey Ala King, Mashed Potatoes, Carrots, Biscuit, Homemade Cookie Cold: Cold Tortellini Salad with Ham and Pepperoni, Breadstick, Applesauce</p>	<p>7 HOT: Ham and Scalloped Potatoes, Peas, Rye Bread, Baked Pineapple, Lemon Cake COLD: Turkey on Multigrain Bread, Chef Salad, Pudding</p>	<p>8 Hot: Roast Beef, Gravy, Roasted Red Potatoes, Jell-O, Seasoned Squash, Wheat Roll, Cold: Cold Meat Loaf on Roll, Marinated Beets, Fruit</p>	<p>9 Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nella Wafers</p>	<p>10 Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Corn Bread, Cinnamon Pears Cold: Egg Salad over Greens, Pita, 4 Bean Salad, Orange</p>
<p>13 Hot: Italian Sausage w/ Peppers, Onion ,Tomato Sauce, Peas, Corn, soft roll, Pineapple Cold: Turkey on Multigrain bread, Macaroni Salad, Apple</p>	<p>14 Hot: Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Pie for Pi Day Cold: Chicken Cranberry Salad over greens, Crackers, Mangos</p>	<p>15 Hot: Turkey Chili con Carne, Carrots, Brown Rice, Corn Bread, Banana Cold: Ham Salad, Mixed Greens, Pita, Berry Shortcake</p>	<p>16 Hot: Veal Parmesan,Sauce, Italian Green Beans, Chef Salad, Penne Pasta, Pumpkin Cake Cold: Roast Beef and Provolone on Rye, Waldorf Salad, Graham Crackers</p>	<p>17 Hot: Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Confetti Cauliflower, Wheat Roll, Pear Crisp Cold: Tuna Salad on wheat roll, Sweet and Sour Slaw, Wafers</p>
<p>20 Hot: Turkey, Gravy, Mashed Potatoes, Peas, Carrots, Stuffing, Cranberry Jell-O Cold: Roast Beef on Soft Roll, Potato Salad, Lorna Doone</p>	<p>21 Hot: Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian Cold: Chicken Club Pasta, Italian Breadstick, Orange</p>	<p>22 Hot: Cabbage Roll with savory meat sauce, Mashed Potatoes, Corn, Rye Bread, Apricots Cold: Turkey on Multigrain, Marinated Vegetable Salad, Applesauce</p>	<p>23 Hot: BBQ Pork Ribette, Au Gratin Potatoes, Seasoned Spinach, Mushrooms, Soft Roll, White Cake & Chocolate Icing Cold: Parmesan Tuna Salad, Wheat ,Beets, Mandarin Oranges</p>	<p>24 Hot: Breaded Fish Patty with Tartar Sauce, Mac and Cheese, Cole Slaw, Roll, Pineapple Cold: Egg Salad over Greens, tomatoes, crackers, Oatmeal Raisin Bar</p>
<p>27 Hot: Cheese Ravioli with Meat Sauce, Peas, Yellow Squash and Peppers, Italian Bread, Snicker Doodle Cold: Ham and Swiss , Brioche roll, Chef Salad, Pineapple</p>	<p>28 Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Green Beans, Rice, Tropical Fruit Cold: Salmon Caesar Salad, Pita, Peaches</p>	<p>29 Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage Stuffing, Cherry Cake Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple</p>	<p>30 Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Pudding Cold: Tortellini Salad, Sesame Crackers, Mandarin Oranges, Brownie</p>	<p>31 HOT: Baked Fish, Creamy Dill Sauce, Home Fries, Spinach, Square Muffin, Pineapple COLD: Seafood Pasta Salad, Broccoli, Wheat Roll, Sliced Pears</p>