



Ken Ton Meals on Wheels Menu

March 2018



Mon	Tue	Wed	Thu	Fri
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p><i>Hot Meal : \$5.00</i> <i>Hot & Cold Meal : \$7.50</i></p>	<p>MILK and JUICE ARE INCLUDED DAILY</p>	<p>1 Hot: Shepherds Pie, Breadsticks, Gingerbread Cake with Sugar Cold: Salad Samplers, Pita, Lettuce, , Marinated Beets, Jell-O</p>	<p>2 Hot: Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Graham Crackers</p>
<p>5 Hot: Turkey Ala King, Mashed Potatoes, Carrots, Biscuit, Homemade Cookie Cold: Cold Tortellini Salad with Ham and Pepperoni, Breadstick, Applesauce</p>	<p>6 Hot: Ham and Scalloped Potato Casserole, Peas, Warm Pineapple, Rye Bread, Lemon Cake Cold: Turkey on Multigrain Bread, Chef Salad, Pudding</p>	<p>7 Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Corn Bread, Pear Crisp Cold: Cold Meat Loaf on Roll, Marinate Beet and Onion Salad, Fresh Fruit</p>	<p>8 Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit, Chocolate Chip Cookie Cold: Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers</p>	<p>9 HOT: Baked Fish, Creamy Dill Sauce, Home Fries, Spinach, Square Muffin, Pineapple COLD: Seafood Pasta Salad, Broccoli, Wheat Roll, Sliced Pears</p>
<p>12 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</p>	<p>13 Hot: Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse Cold: Chicken Cranberry Salad over greens, whole grain crackers, Brownie</p>	<p>14 Hot: Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Confetti Cauliflower, Wheat Roll, Pear Crisp Cold: Turkey on Multigrain bread, Macaroni Salad, Orange</p>	<p>15 Hot: Veal Parmesan with Sauce, Italian Green Beans, Chef Salad, Penne Pasta, Pumpkin Cake Cold: Roast Beef and Provolone on Rye, Waldorf Salad, Grahams</p>	<p>16 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>19 Hot: Turkey, Gravy, Mashed Potatoes, Peas, Carrots, Stuffing, Cranberry Jell-O, St. Patricks Day Cookie Cold: Julienne Salad, crackers, Oatmeal Raisin Bar</p>	<p>20 Hot: Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian Cold: Chicken Club Pasta, Italian Breadstick, Orange</p>	<p>21 Hot: Cabbage Roll with savory meat sauce, Mashed Potatoes, Corn, Rye Bread, Apricots Cold: Turkey on Multigrain, Marinated Vegetable Salad, Applesauce</p>	<p>22 Hot: BBQ Pork Ribette, Au Gratin Potatoes, Seasoned Spinach with Mushrooms, Soft Roll, White Cake with Chocolate Frosting Cold: Parmesan Tuna Salad, Wheat ,Beets, Mandarin Oranges</p>	<p>23 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>26 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>27 Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Green Beans, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Peaches</p>	<p>28 Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage Stuffing, Cherry Cake Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple</p>	<p>29 Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Pudding Cold: Tortellini Salad, Sesame Crackers, Mandarin Oranges, Brownie</p>	<p>30 NO MEALS TODAY</p> <p style="font-size: 2em; font-family: cursive;">Happy Good Friday</p>