



Ken Ton Meals on Wheels Menu

November 2016



Mon	Tue	Wed	Thu	Fri
MILK and JUICE ARE INCLUDED DAILY	1 Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Spiced Apples Cold: Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Brownie	2 Hot: Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Choc Chip Cookie Cold: Turkey & Swiss on White, Macaroni Salad, Fresh Fruit	3 Hot: Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote Cold: Roast Beef on Rye, Garden Salad, Cookie	4 Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Peach Cobbler Cold: Greek Chicken Salad, Carrot Sticks, Pita, Pears
7 Hot: Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Julienne Salad, Roll, Pineapple	8 Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli Cold: Turkey Rachel Sub, Applesauce	9 Hot: Ham Loaf, Scalloped Potatoes, Italian Green Beans, Roll, Chocolate Bavarian Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake	10 Hot: Herb Crusted Tilapia, Broccoli Cheese Rice Casserole, Zucchini with Diced Tomato, Wheat Bread, Marble Cake Cold: Cold Meat Loaf, Roll, Fruit Salad ,Homemade Cookie	11 NO MEALS CLOSED FOR HOLIDAY
14 Hot: Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian Cold: Antipasto Salad, Roll, Peaches	15 Hot: Beef Stew, Brussels Sprouts, Biscuit, Pie Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery Sticks, Banana	16 Hot: Stuffed Peppers with Meat Sauce, Mashed Potatoes, Broccoli, Italian Bread, Fruit Cocktail Cold: Egg and Olive Salad over Spring Mixed Greens, Crackers, Cucumbers, Jell-O	17 Hot: Ham Steak with Brown Sugar Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie Cold: Tuna Salad on Rye, Marinated Tomato Slices, Pears	18 Hot: Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange Cold: Roast Beef, Multi Grain Roll, Potato Salad, Pudding
21 Hot: Polynesian Chicken, Green Beans, Rice, Summer Squash, Chocolate Cake Cold: Ham Salad over Mixed Greens, Breadstick, Ambrosia Salad	22 Hot: Pulled BBQ Pork, Butternut Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar Cold: Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad	23 Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Cold: Seafood Salad over greens with tomatoes, Wheat Pita, Cinnamon Pears	24 	25 Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait Cold: Turkey and Cheese on Wheat Roll, 4 Bean Salad, Mandarin Oranges
28 Hot: Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Tuna Salad, greens tomatoes, crackers, Tropical Fruit	29 Hot: Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Turkey on Wheat, Copper Carrot Salad, Homemade Cookie	30 Hot: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Stuffing, Fruited Tapioca Pudding Cold: Assorted Sub, Marinated Tomato and Onion Salad, Pineapple Upside Down Cake	Call 716-874-3595 before 8:00 a.m. with cancellations	Hot Meal : \$5.00 Hot & Cold Meal : \$7.50