



Ken Ton Meals on Wheels Menu November 2018



Mon	Tue	Wed	Thu	Fri
<p>MILK and JUICE ARE INCLUDED DAILY Hot Meal \$5.25 Hot and Cold Meal \$7.85</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	 <p>What are YOU Thankful For?</p>	<p>1. Hot: Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote Cold: Roast Beef on Rye, Garden Salad, Cookie</p>	<p>2. Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Warm Spiced Apples Cold: Greek Chicken Salad, Carrot Sticks, Pita, Brownie</p>
<p>5. Hot: Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/ fruit Cold: Julienne Salad, Roll, Pineapple</p>	<p>6. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, and Cannoli Cold: Turkey Rachel Sub, Applesauce</p>	<p>7. Hot: BBQ Pork Ribette, Scalloped Potatoes, Italian Green Beans, Roll, Chocolate Bavarian Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p>8. 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</p>	<p>9. Breaded Chicken Breast with Tarragon Gravy, Roasted Red Potatoes, Peas and Carrots, Roll, Homemade Cookie Cold: Egg and Bacon Salad on Rye, Broccoli Salad, Banana</p>
<p>12. No Meal Delivery Today</p> 	<p>13. Hot: Beef Stew, Brussels Sprouts, Biscuit, Pie Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Mandarin Oranges</p>	<p>14. Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail Cold: Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p>15. Hot: Ham Steak with Pineapple Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie Cold: Tuna Salad on Wrap, Marinated Tomato, Pears</p>	<p>16. Hot: Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange Cold: Roast Beef, Bread, Potato Salad, Pudding</p>
<p>18. Hot: Polynesian Chicken, Green Beans, Rice, Summer Squash, Chocolate Cake Cold: Ham Salad over Mixed Greens, Roll, Strawberry Bavarian</p>	<p>19. Hot: Pulled BBQ Pork, Hubbard Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar Cold: Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p>21. Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Cold: Seafood Salad over greens with tomatoes, Pita, Cinnamon Pears</p>	<p>22. Community Thanksgiving 169 Sheridan Parkside Dr.</p> 	<p>23. Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait Cold: Turkey and Cheese on Croissant, 4 Bean Salad, Mandarin Oranges</p>
<p>26. Hot: Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Tuna Salad over greens with tomatoes, crackers, Trop. Fruit</p>	<p>27. Hot: Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Turkey on 12 Grain Bread, Orange and Strawberry Salad, Homemade Cookie</p>	<p>28. Hot: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Stuffing, Fruited Tapioca Pudding Cold: Assorted Sub, Marinated Tomato and Onion Salad, Pineapple Upside Down Cake</p>	<p>29. Hot: Shepherds Pie, Garlic Biscuit, Warm Apples, Gingerbread Cake with Sugar Cold: Salad Samplers, Pita, Lettuce, Marinated Beets, Jell-O</p>	<p>30. Hot: Breaded Buffalo Chicken Breast, Fiesta Corn, Broccoli, Italian Bread, Orange Cold: Roast Beef on Kaiser, Macaroni Salad, Lemon Berry Pudding</p>