





# Ken Ton Meals on Wheels Menu October 2018



Mon	Tue	Wed	Thu	Fri
<p><b>1. Hot:</b> Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, Roll. Lorna Doones <b>Cold:</b> Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p><b>2. Hot:</b> Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange <b>Cold:</b> Roast Beef on Wheat Roll, Carrot and Raisin Salad, Pineapple</p>	<p><b>3. Hot:</b> Polish Sausage, Red Potatoes, Sauerkraut w/Apples, Mixed Vegetables, Hot Dog Roll, Chocolate Cherry Cake <b>Cold:</b> Julienne Salad, Pita, Trop. Fruit</p>	<p><b>4. Hot:</b> Homemade Goulash Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait <b>Cold:</b> Egg Salad on Wheat, Sweet &amp; Sour Slaw, Nilla Wafers</p>	<p><b>5. Hot:</b> Chicken Breast Marsala Sauce, Cauliflower, Mixed Vegetables, Brown Rice, Cookie <b>Cold:</b> Seafood Pasta over greens, Crackers, and Pears</p>
<p><b>8. NO meals delivered today</b></p> 	<p><b>9 Hot:</b> Beef Pepper Steak Casserole, Broccoli, Wax Beans, Rice, Strawberry Bavarian <b>Cold:</b> Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>	<p><b>10. Hot:</b> Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia <b>Cold:</b> Turkey and Swiss on White, Broccoli &amp; Tomato Salad, Fruit Cocktail</p>	<p><b>11. Hot:</b> Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce <b>Cold:</b> Greek Chicken Salad, Crackers, Mandarin Oranges</p>	<p><b>12. Hot:</b> Baked Tilapia w/ seafood sauce, Cole Slaw, Stewed Tomato and Zucchini, Rice Pilaf, Brownie <b>Cold:</b> Roast Beef &amp; Cheese on Roll, Potato Salad, Tropical Fruit</p>
<p><b>15. Hot:</b> Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple <b>Cold:</b> Ham &amp; Provolone Wrap, Cole Slaw, Homemade Cookie</p>	<p><b>16. Hot:</b> Baked Chicken, Lima Bean Bake, Cheddar Mashed Potatoes &amp; Chives, Roll, Pudding <b>Cold:</b> Julienne Salad, Wheat Crackers, Fruit Cocktail</p>	<p><b>17. Hot:</b> Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie <b>Cold:</b> Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p><b>18. Hot:</b> Eggplant Roulette w/ Meat Sauce, Roasted Italian Veggies, Dinner Roll, Cantaloupe <b>Cold:</b> Turkey on Wheat, Broccoli Salad, Applesauce</p>	<p><b>19. Hot:</b> Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp <b>Cold:</b> Tuna Salad on Rye, Beet and Onion Salad, Orange</p>
<p><b>22. Hot:</b> Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana <b>Cold:</b> Seafood Pasta Salad, Roll, Tomato Wedges, Cookie</p>	<p><b>23. Hot:</b> Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple <b>Cold:</b> Ham on Pumpernickel, Creamy Carrot Salad, Banana Pudding</p>	<p><b>24. Hot:</b> Chicken Biscuit Pie, Warm Apples, Brownie <b>Cold:</b> Beef &amp; Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p><b>25. Hot:</b> Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Cinnamon Streusel <b>Cold:</b> Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>	<p><b>26. Hot:</b> Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Lemon Bavarian <b>Cold:</b> Turkey on Marble Rye, Four Bean Salad, Orange</p>
<p><b>29. Hot:</b> Egg and Vegetable Omelet with Cheese Sauce, Roasted Red Potatoes, Raisin Bread, Butterscotch Pudding <b>Cold:</b> Ham Salad, Wheat Roll, Pineapple Slaw, Jell-O</p>	<p><b>30. Hot:</b> Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Peach Cobbler <b>Cold:</b> Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Pears</p>	<p><b>31. Hot:</b> Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Peach Bavarian <b>Cold:</b> Turkey &amp; Swiss on White, Macaroni Salad, Fresh Fruit</p>	 <p><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>	
				<p><b>MILK and JUICE ARE INCLUDED DAILY</b> <i>Hot Meal \$5.25 Hot and Cold Meal \$7.85</i></p>