




Ken Ton Meals on Wheels Menu October 2016



Mon	Tue	Wed	Thu	Fri
<p>3 Hot: Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, Roll. Lorna Doones Cold: Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p>4 Hot: Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange Cold: Roast Beef on Roll, Carrot and Raisin Salad, Pineapple</p>	<p>5 Hot: Polish Sausage, Red Potatoes, Sauerkraut w/Apples, Mixed Vegetables, Hot Dog Roll, Chocolate Cherry Cake Cold: Julienne Salad, Pita, Tropical Fruit</p>	<p>6 Hot: Tortellini w/Meat Sauce, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Graham Crackers</p>	<p>7 Hot: Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oatmeal Raisin Cookie Cold: Seafood Pasta Salad, Crackers, Pears</p>
<p>10</p> <p>NO MEALS TODAY</p> 	<p>11 Hot: Beef Pepper Steak Casserole, Broccoli, Chef Salad, Rice, Strawberry Bavarian Cold: Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>	<p>12 Hot: Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia Cold: Turkey and Swiss on White, Broccoli & Tomato Salad, Fruit Cocktail</p>	<p>13 Hot: Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce Cold: Greek Chicken Salad, Crackers, Mandarin Oranges</p>	<p>14 Hot: Baked Tilapia w/ seafood sauce, Cole Slaw, Stewed Tomato and Zucchini, Rice Pilaf, Brownie Cold: Roast Beef & Cheese on Roll, Potato Salad, Tropical Fruit</p>
<p>17 Hot: Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple Cold: Ham & Provolone, Roll, Cole Slaw, Homemade Cookie</p>	<p>18 Hot: Breaded Chicken, Lima Bean Bake, Cheddar Mashed Potatoes & Chives, Roll, Pudding Cold: Julienne Salad, Wheat Crackers, Fruit Cocktail</p>	<p>19 Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie Cold: Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p>20 Hot: Eggplant Roulette with Meat Sauce, Zucchini Medley, Dinner Roll, Cantaloupe Cold: Turkey on Wheat, Broccoli Salad, Applesauce</p>	<p>21 Hot: Ham steak, Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp Cold: Tuna Salad on Rye, Beet and Onion Salad, Orange</p>
<p>24 Hot: Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana Cold: Seafood Pasta Salad, tomatoes, Tomato Wedges, Chocolate Mint Cookie</p>	<p>25 Hot: Baked Tilapia with Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple Cold: Ham on Pumpernickel, Creamy Carrot Salad, Southern Banana Pudding</p>	<p>26 Hot: Chicken Biscuit Pie, Gravy, Warm Apples, Brownie Cold: Beef & Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p>27 Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Cinnamon Streusel Cold: Egg Salad on Wheat Roll, Cucumber Salad, Berry Compote</p>	<p>28 Hot: Lasagna, with meat sauce, California Mixed Vegetables, Italian Bread, Lemon Bavarian Cold: Turkey on Marble Rye, Four Bean Salad, Orange</p>
<p>31 Hot: Egg and Vegetable Omelet with Cheese Sauce, Roasted Red Potatoes, Raisin Bread, Butterscotch Pudding Cold: Ham Salad, Wheat Roll, Pineapple Slaw, Jell-O</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>Milk and Juice are included daily.</p>	<p><i>Hot Meal : \$5.00 Hot & Cold Meal : \$7.50</i></p>	