





Ken Ton Meals on Wheels Menu

July 2018



Mon	Tue	Wed	Thu	Fri
<p>2 Hot: Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, Roll. Lorna Doones Cold: Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p>3 Hot: Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange Cold: Roast Beef on Wheat Roll, Carrot and Raisin Salad, Pineapple</p>	<p>4</p>  <p><u>Closed for the Holiday. No meal delivery</u></p>	<p>5 Hot: Homemade Goulash, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Nilla Wafers</p>	<p>6 Hot: Chicken Marsala, Cauliflower, Mixed Veg., Rice, Homemade Oatmeal Raisin Cookie Cold: Seafood Pasta Salad over mixed greens, Crackers, Pears</p>
<p>9 Hot: Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Molded Cranberry Salad Cold: Ham & Swiss on Rye, Homemade Macaroni Salad, Orange</p>	<p>10 Hot: Beef Pepper Steak Casserole, Broccoli, Wax Beans, Rice, Strawberry Bavarian Cold: Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches</p>	<p>11 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>12 Hot: Roasted Pork Loin with Cranberry Chutney, Sweet Potato, Collard Greens, Stuffing, Applesauce Cold: Greek Chicken Salad, Crackers, Mandarin Oranges</p>	<p>13 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>16 Hot: Veal Parmesan over Penne with Sauce, Broccoli, Chef Salad, Roll, Pineapple Cold: Ham & Provolone Wrap Cole Slaw, Lorna Doone</p>	<p>17 Hot: Baked Chicken, Lima Bean Bake, Cheddar Mashed Potatoes & Chives, Roll, Pudding Cold: Julienne Salad, Wheat Crackers, Fruit Cocktail</p>	<p>18 Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie Cold: Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p>19 Hot: Eggplant Roulette w/Meat Sauce, Roasted Italian Veggies, Dinner Roll, Cantaloupe Cold: Turkey on Wheat, Broccoli Salad, Applesauce</p>	<p>20 Hot: Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp Cold: Tuna Salad on Rye, Marinated Beets, Orange</p>
<p>23 Hot: Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana Cold: Seafood Pasta Salad, Roll, Tomato Wedges, Roll and Cookie</p>	<p>24 Hot: Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple Cold: Ham on Pumpkin, Creamy Carrot Salad, Southern Banana Pudding</p>	<p>25 Hot: Chicken Biscuit Pie w/ Gravy, Warm Apples, Brownie Cold: Beef & Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p>26 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>27 Hot: Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Lemon Bavarian Cold: Turkey on Marble Rye, Four Bean Salad, Orange</p>
<p>30 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>31 Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, Carrots, Roll, Peach Cobbler Cold: Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Pears</p>		<p>MILK and JUICE ARE INCLUDED DAILY</p> <p><i>Hot Meal \$5.00</i> <i>Hot & Cold Meal : \$7.50</i></p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>