



Ken Ton Meals on Wheels Menu November 2017



Mon	Tue	Wed	Thu	Fri
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>Hot Meal \$5.00 Hot & Cold Meal \$7.50</p> <p style="text-align: center;">Milk and Juice are Included Daily</p>	<p>1 Hot: Rigatoni with Italian Sausage, Cauliflower, Roll, Chef Salad, Peach Bavarian Cold: Turkey & Swiss on White, Macaroni Salad, Fresh Fruit</p>	<p>2 Hot: Boneless Chicken Breast over pasta, Gravy, Seasoned Squash, Peas, Berry Compote Cold: Roast Beef on Rye, Chef Salad, Homemade Cookie</p>	<p>3 Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Chef Salad, Peach Cobbler Cold: Greek Chicken Salad, Carrot Sticks, Pita, Pears</p>
<p>6 Hot: Pot Roast, Mashed Potatoes, mixed vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Julienne Salad, Roll, Pineapple</p>	<p>7 Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Cannoli Cold: Turkey Rachel Sub, Applesauce</p>	<p>8 Hot: Ham Loaf, Scalloped Potatoes, Italian Green Beans, Roll, Chocolate Bavarian Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p>9 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>10</p> <p>NO MEALS TODAY</p> <p>VETERANS DAY</p>
<p>13 Hot: Turkey, Gravy, Glazed Carrots, Green Bean Casserole, Stuffing, Strawberry Bavarian Cold: Antipasto Salad, Roll, Peaches</p>	<p>14 Hot: Beef Stew, Brussels Sprouts, Biscuit, Pie Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Mandarin Oranges</p>	<p>15 Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli, Fruit Cocktail Cold: Egg and Olive Salad over Spring Mixed Greens, Crackers, Cucumbers, Jell-O</p>	<p>16 Hot: Ham Steak with Brown Sugar Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Shortbread Cookie Cold: Tuna Salad on Rye, Marinated Tomato Slices, Pears</p>	<p>17 Hot: Lemon Chicken over Cheese Tortellini, Seasoned Spinach, Grilled Italian Vegetables, Orange Cold: Roast Beef, Multi Grain Roll, Potato Salad, Pudding</p>
<p>20 Hot: Polynesian Chicken, Green Beans, Rice, Summer Squash, Chocolate Cake Cold: Ham Salad over Mixed Greens, Breadstick, Ambrosia</p>	<p>21 Hot: Pulled BBQ Pork, Butternut Squash, Roasted Red Potatoes, Roll, Cookie Bar Cold: Pasta Noelle, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p>22 Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Apple Cold: Seafood Salad over greens with tomatoes, Wheat Pita, Cinnamon Pears</p>	<p>23</p> <p>HAPPY THANKS- GIVING</p>	<p>24 Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Corn Bread, Fruit Parfait Cold: Turkey and Cheese, Wheat Roll, 4 Bean Salad, Mandarin Oranges</p>
<p>27 Hot: Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Tuna Salad over greens, tomatoes, crackers, Trop. Fruit</p>	<p>28 Hot: Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Turkey on Wheat, Copper Carrot Salad, Homemade Cookie</p>	<p>29 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>30 Hot: Shepherds Pie, Garlic Biscuit, Gingerbread Cake with Sugar and warm apples Cold: Salad Samplers, Pita, Marinated Beets, Jell-O</p>	