







Ken Ton Meals on Wheels Menu September 2018



Mon	Tue	Wed	Thu	Fri
<p>3.</p>  <p>NO MEAL DELIVERY TODAY</p>	<p>4. Hot: Ham and Scalloped Potato Casserole, Peas, Warm Pineapple, Rye Bread, Lemon Cake Cold: Turkey on Multigrain Bread, Chef Salad, Marble Pudding</p>	<p>5. Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Corn Bread, Pear Crisp Cold: Cold Meat Loaf on Roll, Marinate Beet and Onion Salad, Melon Fruit Mix</p>	<p>6. Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Slice Cold Pork Loin on a Brioche Roll, Cranberry - Apple-Raisin Salad, Nilla Wafers</p>	<p>7. Hot: Sausage Jambalaya over rice, Seasoned Squash, Wheat Roll, Jell-O Cold: Egg Salad over Greens, Pita, Baby Carrots, Orange</p>
<p>10. Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, soft roll, Pineapple Cold: Tuna Macaroni Salad, Sweet and Sour Slaw, Wafers</p>	<p>11. Hot: Meatloaf with Gravy, Mashed Potatoes, Broccoli, White Bread, Vanilla Mousse Cold: Chicken Cranberry Salad over greens, whole grain crackers, Brownie</p>	<p>12. Hot: Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Confetti Cauliflower, Wheat Roll, Peach Crisp Cold: Turkey on Multigrain bread, Macaroni Salad, Orange</p>	<p>13. Hot: Veal Parmesan with Sauce, Italian Green Beans, Chef Salad, Penne Pasta, Pumpkin Cake Cold: Roast Beef and Provolone on Rye, Waldorf Salad, Graham Crackers</p>	<p>14. Hot: Turkey Chili con Carne, Carrots, Brown Rice, Corn Bread, Apple Cold: Ham Salad, Mixed Greens, Pita, Berry Shortcake</p>
<p>17. Hot: Turkey, Gravy, Mashed Potatoes, Peas, & Carrots Stuffing, Cranberry Jell-O Cold: Julienne Salad, crackers, Oatmeal Raisin Bar</p>	<p>18. Hot: Beef Stew, Brussels Sprouts, Biscuit, Strawberry Bavarian Cold: Chicken Club Pasta, Crackers, Mandarin Oranges</p>	<p>19. Hot: Cabbage Roll with savory meat sauce, Mashed Potatoes, Corn, Rye Bread, Apricots Cold: Turkey on Multigrain, Marinated Vegetable Salad, Applesauce</p>	<p>20. Hot: BBQ Pork Ribette, Au Gratin Potatoes, Seasoned Spinach with Mushrooms, Soft Roll, Lemon Cake Cold: Parmesan Tuna Salad, Wheat Bread, Beets, Orange</p>	<p>21. Hot: Breaded Fish Patty with Tartar Sauce, Mac and Cheese, Cole Slaw, Roll, Pineapple Cold: Roast Beef on Soft Roll, Potato Salad, Lorna Doone</p>
<p>24. Hot: Cheese Ravioli with Meat Sauce, Peas, Yellow Squash and Peppers, Italian Bread, Snicker Doodle Cold: Ham and Swiss on Brioche roll, Chef Salad, Pineapple</p>	<p>25. Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Green Beans, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Peaches</p>	<p>26. Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage Stuffing, Cherry Cake Cold: Southwest Chicken Salad,, Tortilla Chips, Apple</p>	<p>27. Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Pudding Cold: Tortellini Salad, Crackers, Mandarin Oranges and Brownie</p>	<p>28. Hot: Cheese & Sausage Omelet, Hash Browns, Tomato and Basil Casserole, Muffin, Tropical Fruit Cold: Cold Meat Loaf on Brioche Roll, Broccoli Salad, Cinnamon Pears</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 \$5.25</i> <i>Hot & Cold Meal : \$7.85</i></p>