



# Ken Ton Meals on Wheels Menu

## March 2020



Mon	Tue	Wed	Thu	Fri
<p><b>2. Hot:</b> Ham and Scalloped Potato, Peas &amp; Carrots, Warm Pineapple, Roll, Pear Crisp <b>Cold:</b> Tuna Salad over Greens, Pita, 4 Bean Salad, Orange</p>	<p><b>3. Hot:</b> Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit <b>Cold:</b> Turkey on Multigrain Bread, Chef Salad, Marble Pudding</p>	<p><b>4. Hot:</b> Breaded Pork Chop with Gravy, Rice Pilaf, Broccoli, Carrots, Lemon Cake <b>Cold:</b> Cold Tortellini Salad with Ham and Pepperoni, Crackers, Applesauce</p>	<p><b>5. Hot:</b> Turkey Ala King, Mashed Potatoes, Country Cottage Mix, Biscuit, Homemade Cookie <b>Cold:</b> Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Vanilla Wafers</p>	<p><b>Lenten Meal</b> <b>6. Hot:</b> Beer Battered Fish, Peas, Coleslaw w/Shredded Carrots, Cornbread, Cookie <b>Cold:</b> Egg Salad, Pita, Carrot Sticks, Tropical Fruit</p>
<p><b>9. Hot:</b> Turkey Chili con Carne, Carrots, Brown Rice, Corn Bread, Apple <b>Cold:</b> Tuna Salad on wheat roll, Sweet and Sour Slaw, Wafers</p>	<p><b>10. Hot:</b> Breaded Fish with Lemon Cream Sauce, Sweet Potatoes, Cauliflower, Roll, Peach Crisp <b>Cold:</b> Turkey on Multigrain, Macaroni Salad, Orange</p>	<p><b>11. Hot:</b> Italian Sausage, Peppers and Onions in sauce, Peas, Corn, Roll, Pineapple <b>Cold:</b> Chicken Cranberry Salad w/ Greens, Dinner Roll, Mandarin Oranges</p>	<p><b>12. Hot:</b> Chicken Parm over Penne, Bermuda Veggies, Chef Salad, Pumpkin Cake <b>Cold:</b> Roast Beef and Provolone on a Roll, Waldorf Salad, Graham Crackers</p>	<p><b>Lenten Meal</b> <b>13. Hot:</b> Egg Omelet with Tomato, Spinach &amp; Feta, Roasted Potatoes, Biscuit &amp; Orange <b>Cold:</b> Seafood Pasta on Greens, Hard Boiled Egg, Crackers, and Pears</p>
<p><b>16. Hot:</b> Turkey, Gravy, Mashed Potatoes, Peas &amp; Carrots, Stuffing, Jell-O <b>Cold:</b> Julienne Salad, Crackers, Vanilla Wafers</p>	<p><b>17. Hot:</b> Corned Beef and Cabbage, Roasted Sweet Potato, Carrots, Roll and Shamrock Cookie <b>Cold:</b> Chicken Club Pasta, Crackers, Mandarin Oranges</p>	<p><b>18. Hot:</b> Lasagna with Meat Sauce, California Veggie Mix, Roll, Chef Salad and Cookie <b>Cold:</b> Parmesan Tuna Salad, Wheat Bread, Carrots and Celery Sticks, Pineapple</p>	<p><b>19. Hot:</b> Pork Ribette, Roasted Red Potatoes, Spinach and Mushrooms, Roll, Lemon Cake, <b>Cold:</b> Turkey on Multigrain, Marinated Vegetable Salad, Applesauce</p>	<p><b>Lenten Meal</b> <b>20. Hot:</b> Italian Haddock over Rotini, Broccoli, Roll, Orange <b>Cold:</b> Tuna Mac Salad over Greens, Crackers, Mandarin Oranges</p>
<p><b>23. Hot:</b> Cheese Ravioli with Meat Sauce, Peas, Summer Squash, It. Bread, Snicker Doodle <b>Cold:</b> Cold Meatloaf, Roll, Broccoli Salad, Cinnamon Pears</p>	<p><b>24. Hot:</b> Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake <b>Cold:</b> Tortellini Salad, Crackers, Mandarin Oranges, Brownie</p>	<p><b>25. Hot:</b> Roasted Beef with Gravy, Sweet Potatoes, Sweet and Sour Cabbage, Stuffing, Cherry Cake <b>Cold:</b> Ham &amp; Swiss on Brioche, Chef Salad, Pineapple</p>	<p><b>26. Hot:</b> Bratwurst and Baked Beans, Home Fires, Spinach, Roll, Peaches <b>Cold:</b> Salmon Caesar Salad, Pita, Mandarin Oranges</p>	<p><b>Lenten Meal</b> <b>27. Hot:</b> Stuffed Shells with Tomato Sauce, Broccoli &amp; Carrots, Cauliflower, Roll and Cannoli <b>Cold:</b> Egg Salad w/ Pita, Carrot Sticks, Fruit</p>
<p><b>30. Hot:</b> Beef Pepper Steak Casserole, Mixed Vegetables, Rice, Tropical Fruit <b>Cold:</b> Ham &amp; Swiss on Rye, Macaroni Salad, Orange</p>	<p><b>31. Hot:</b> Chicken Breast with Hollandaise Sauce, Rice Pilaf, Peas, Wheat Roll, Orange <b>Cold:</b> Egg Salad on wheat, Sweet and Sour Coleslaw, Vanilla Wafers</p>		<p><b>Hot Meal</b> \$5.25 <b>Hot &amp; Cold Meal</b> \$7.85 <b>Snack Pack</b> \$5.00 <b>Hot &amp; Cold &amp; Breakfast</b> \$9.00 <small>Milk and Juice are included daily</small></p>	<p><b>Call 716-874-3595</b> <b>before 8:00 a.m. with cancellations</b></p>