



Ken Ton Meals on Wheels Menu

April 2020




Mon

Tue

Wed

Thu

Fri

<p>Hot Meal \$5.25 Hot & Cold Meal \$7.85 MENU SUBJECT TO CHANGE Milk and Juice are included daily</p>	<p>Happy Easter!</p> 	<p>Hot: Polish Sausage, Hot Dog Roll, Red Potatoes, Sauerkraut, California Mixed Vegetables, Chocolate Cherry Cake Cold: Chicken Salad on Wheat, Tomato and Applesauce</p>	<p>2. Hot: Goulash with Mozzarella Cheese, Seasoned Spinach, Carrots, Italian Bread, Strawberry Yogurt Parfait Cold: Roast Beef on Wheat Roll, Carrot and Raisin Salad,</p>	<p>Lenten Meal 3. Hot: Beer Battered Fish w/ Lemon Sauce, Sweet Potatoes, Cauliflower, Roll and Peach Crisp Cold: Seafood Salad over mixed greens, pasta, pears and crackers</p>
<p>6. Hot: Turkey, Gravy, Mashed Potatoes, Carrots, Roll, World War I Cake-Gingerbread and Raisins Cold: Pub Salad over greens, crackers, orange</p>	<p>7. Hot: Salisbury Steak, Onion Gravy, Scalloped potatoes, Broccoli, & Carrots, Roll, Vanilla Ice Cream Cup Cold: Julienne Salad, Pita, Tropical Fruit</p>	<p>8. Hot: Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia Cold: Tuna Salad, Wheat Crackers, Sliced Tomato, Peaches, Oranges</p>	<p>9. Hot: Ham Steak, Scallop Potatoes Au Gratin, Peas, Cornbread, Blueberry Crisp Cold: Greek Chicken Salad, Crackers, Mandarin Oranges Salad, Graham Crackers</p>	<p>Good Friday</p> <p>NO MEAL DELIVERY</p>
<p>13. Hot: Baked Rotini w/ Sausage, Hot Greens, Chef Salad, Roll, Tropical Fruit Cold: Pasta Noelle, Crackers, Carrot Sticks, Fruited Jell-O</p>	<p>14. Hot: Baked Chicken, Lima Bean Bake, Sweet Potatoes, Roll, Pudding Cold: Tuna Salad on Rye, Broccoli Salad, Orange</p>	<p>15. Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Homemade Cookie Cold: Ham & Swiss, Roll, Cole Slaw, Fruit Cocktail</p>	<p>16. Hot: Shrimp Scampi, Pasta, Roasted Italian Veggies, Cantaloupe Cold: Roast Beef on Wheat, Beet & Onion Salad, Applesauce</p>	<p>17. Hot: Ham steak with Scalloped Potatoes Au Gratin, Peas, Cornbread, Blueberry Pear Crisp Cold: Julienne Salad, Wheat Crackers, Mandarin Oranges</p>
<p>20. Hot: Baked Tilapia w/ Lemon Dill Sauce, Red Potatoes, Spinach, Berry Muffin Square, Pineapple Cold: Turkey on Marble Rye, Four Bean Salad, Lemon Bavarian</p>	<p>21. Hot: Roasted Pork Loin w/ Gravy, Mashed Sweet Potatoes, Creamy Dill Cabbage, Rye Bread, Banana Cold: Beef & Blue Cheese Salad, Pita, Mandarin Oranges</p>	<p>22. Hot: Chicken Biscuit Pie, Gravy, Broccoli, Warm Apples Cold: Egg Salad on Wheat Roll, Cucumber Salad, Cinnamon Streusel</p>	<p>23. Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Berry Compote Cold: Seafood Pasta Salad, Roll, Tomato Wedges, Chocolate Mint Cookie</p>	<p>24. Hot: Lasagna, with meat sauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Orange Cold: Ham on Wheat, Creamy Carrot Salad, Strawberry Bavarian</p>
<p>27. Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, California Mixed Vegetables, Roll, Peach Bavarian Cold: Salmon Caesar Salad with Hard Boiled Egg, Breadstick, Pears</p>	<p>28. Hot: Rigatoni with Italian Sausage, Cauliflower, Chef Salad, Roll, Apple Cobbler Cold: Turkey & Swiss Wrap, Macaroni Salad, Fresh Fruit</p>	<p>29. Hot: Battered Fish w/ Tarter Sauce, Roasted Red Potatoes, Zucchini Medley with Peppers, Cornbread & Melon Salad Cold: Roast Beef on Rye, Garden Salad, Homemade Cookie</p>	<p>28. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas, Seasoned Mashed Squash, Berry Compote Cold: Ham Salad, Wheat Roll, Pineapple Slaw, Jell-O</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>