





# Ken Ton Meals on Wheels Menu September 2020



Mon	Tue	Wed	Thu	Fri
<b>MENU ITEMS</b> <b>SUBJECT TO CHANGE!</b> Hot Meal \$5.25 Hot & Cold Meal \$7.85	<b>1. Hot:</b> Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit <b>Cold:</b> Turkey on Multigrain Bread, Chef Salad, Marble Pudding	<b>2. Hot:</b> Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Carrots, Lemon Cake <b>Cold:</b> Cold Tortellini Salad with Ham and Pepperoni, Roll, Applesauce	<b>3. 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, Nilla Wafers	<b>4. Hot:</b> Grilled Bratwurst on Roll, Red Potatoes, Baked Beans, Mixed Veggies and Raspberry Parfait <b>Cold:</b> Cold Meat Loaf on Roll, Marinate Beet and Onion Salad, Melon Fruit Mix
<b>7. CLOSED: NO MEAL DELIVERY</b> 	<b>8. Hot:</b> Breaded Fish with Creamy Lemon Sauce, Sweet Potatoes, Cauliflower, Wheat Roll, Fruit & Yogurt Parfait <b>Cold:</b> Turkey on Multigrain bread, Macaroni Salad, Mandarin Oranges	<b>9. Hot:</b> Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, soft roll, Pineapple <b>Cold:</b> Chicken Cranberry Salad over greens, roll, Fruit	<b>10. Hot:</b> Chicken Parmesan, Bermuda Blend Veggies, Salad, Penne Pasta, Pumpkin Cake <b>Cold:</b> Roast Beef and Provolone on Roll, Waldorf Salad, Graham Crackers	<b>ADOPT A DAY</b> <b>11. Hot:</b> Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, White Bread, Chocolate Chip Cookie <b>Cold:</b> Ham Salad, Mixed Greens, Pita, Berry Shortcake
<b>14. Hot:</b> Turkey, Gravy, Mashed Potatoes, Peas, Carrots, Stuffing, Cranberry Jell-O <b>Cold:</b> Julienne Salad, crackers, Vanilla Wafers	<b>15. Hot:</b> Cabbage Roll with Meat Sauce, Mashed Potatoes, Corn, Rye Bread, Apricots <b>Cold:</b> Chicken Club Pasta, Crackers, Mandarin Oranges	<b>16. Hot:</b> Lasagna with Meat Sauce, California Blend Vegetables, Salad, Roll, Cannoli <b>Cold:</b> Parmesan Tuna Salad, Wheat, Carrots and Celery, Pineapple	<b>17. Hot:</b> BBQ Pork Ribette, Roasted Red Potatoes, Seasoned Spinach with Mushrooms, Soft Roll, Fruit Crisp <b>Cold:</b> Turkey on Multigrain, Vegetable Salad, Applesauce	<b>18. Hot:</b> Breaded Fish Patty with Tartar Sauce, Mac and Cheese, Cole Slaw, Roll, Tropical Fruit <b>Cold:</b> Roast Beef on Soft Roll, Potato Salad, Pudding
<b>21. Hot:</b> Cheese Ravioli, Meat Sauce, Peas, Squash with Peppers, Bread, Snicker Doodle Cookie <b>Cold:</b> Cold Meat Loaf on Brioche Roll, Broccoli Salad, Cinnamon Pears	<b>22. Hot:</b> Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake <b>Cold:</b> Salmon Caesar Salad, Pita, Peaches	<b>23. Hot:</b> Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage, Stuffing, Cherry Cake <b>Cold:</b> Ham and Swiss, Brioche roll, Chef Salad, Pineapple	<b>24. Hot:</b> Salmon Filet w/ Creamy Dill Sauce, Home Fries, Spinach, Dinner Roll, Peaches <b>Cold:</b> Tortellini Salad, Crackers, Mandarin Oranges, Brownie	<b>25. Hot:</b> Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Mandarin Oranges and Pineapple <b>Cold:</b> Southwest Chicken Salad, Greens, Tortilla Chips, Apple
<b>28. Hot:</b> Beef Pepper Steak Casserole, Mixed Vegetables, Rice, Tropical Fruit Cocktail <b>Cold:</b> Ham & Swiss on Rye, Homemade Macaroni Salad, Grapes	<b>29. Hot:</b> Salmon Filet, w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange <b>Cold:</b> Egg Salad on Wheat, Sweet & Sour Slaw, Nilla Wafers	<b>30. Hot:</b> Polish Sausage, Hot Dog Roll, Red Potatoes, Sauerkraut, California Mixed Vegetables, Chocolate Cherry Cake <b>Cold:</b> Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce		<b>Call 716-874-3595</b> <b>before 8:00 a.m. with cancellations</b>