



Ken Ton Meals on Wheels Menu

AUGUST 2023



Mon	Tue	Wed	Thu	FRI						
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>1. Hot: Herb Crusted Tilapia, Broccoli Cheese Rice Casserole, Bermuda Mix, Bread, Pineapple Cold: Cold Meat Loaf, Roll, Fruit Salad, Cookie</p>	<p><i>Adopt a Day- Beechwood Care</i></p> <p>2. Hot: BBQ Pork Ribette, Scalloped Potatoes, California Blend, Roll, <u>Peach Cobbler</u> Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p><i>Adopt a Day-John LaFalce celebrating our clients</i></p> <p>3. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, <u>Cannoli Parfait</u> Cold: Julienne Salad, Roll, Tropical Fruit</p>	<p>4. Hot: Breaded Chicken Breast with Tarragon Gravy, Roasted Red Potatoes, Hubbard Squash, Roll, Cake Cold: Corned beef on Rye, Broccoli Salad, Banana</p>						
<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 11 & 12,</i></p> <p>7. Hot: Turkey, Gravy, Glazed Carrots, Cauliflower, Stuffing, <u>Cookie</u> Cold: Antipasto Salad, Roll, Peaches</p>	<p><i>The Milton J. Brounshidle Post 205 has adopted today to commemorate the founding of the Post in 1919</i></p> <p>8. Hot: Beef Stew, Brussels Sprouts, Dinner Roll, <u>Chocolate Chip Cookie</u> Cold: Egg & Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p><i>A Gibas family friend adopted today in memory of Gwen Gibas on what would have been her 98th birthday</i></p> <p>9 Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli / Carrot Mix, Ital. Bread, <u>Cookie</u> Cold: Chicken Cranberry Salad over Greens, Cucumbers, Vanilla Wafer</p>	<p>10. Hot: Ham Steak, Pineapple Glaze, Creamed Cabbage, Sweet Potatoes, Roll, Cookie Cold: Cold: Tuna Salad on Rye, Marinated Tomato Slices, Pears</p>	<p>11. Hot: Chicken Cordon Bleu over Rice, Broccoli, Carrots, Raspberry Parfait Cold: Roast Beef, Roll, Potato Salad, Mandarin Oranges</p>						
<p>14. Hot: Pulled BBQ Pork, Hubbard Squash, Roasted Red Potatoes, Roll, Cookie Cold: Turkey and Swiss on Roll, 4 Bean Salad, Mandarin Oranges</p>	<p>15. Hot: Polynesian Chicken, Rice, Cauliflower, Carrots, Chocolate Cake Cold: Seafood Salad over greens with Egg, Wheat Pita, Cinnamon Pears</p>	<p>16. Adopt a Day Have a Great Day Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, California Blend, Rye Bread, <u>Cake</u> Cold: Ham & Cheese, Roll, Cucumber Salad & Peaches</p>	<p>17. Hot: Beer Battered Fish, Cole Slaw, German Potato Salad, Dinner Roll, Fruit Parfait Cold: Chicken Pasta, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p>18. Hot: Chicken Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Egg Salad on Rye, Broccoli Slaw, Fruit Cocktail</p>						
<p>21. Hot: Sweet and Sour Chicken Fiesta Corn, California Blend, Rice, Lemon Berry Pudding Cold: Turkey on Wheat, Strawberry-Orange Salad, Homemade Cookie</p>	<p>22. Hot: Braised Pork w/ warm cinnamon apples, Roasted carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Roast Beef on Kaiser, Macaroni Salad, Mandarin Oranges</p>	<p>23. Hot: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Roll, Fruited Tapioca Pudding Cold: Salad Samplers, Pita, Lettuce, Beets, Jell-O</p>	<p>24. Hot: Shepherds Pie, Garlic Biscuit, Warm Apples, Chocolate Cherry Cookie Cold: Tuna Salad over greens, Tomatoes, crackers, Tropical Fruit</p>	<p>25. Hot: Rotini with Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Assorted Sub, Marinated Tomato and Onion Salad, Melon Fruit Mix</p>						
<p>28. Hot: Ham and Scalloped Potato, Peas & Carrots, Warm Pineapple, Roll, Pear Crisp Cold: Egg Salad over Greens, Pita, 4 Bean Salad, Orange</p>	<p>29 Hot: Burger with Gravy Sweet Potatoes, Green Beans Roll, Cookie Cold: Turkey on Multigrain Bread, Chef Salad, Marble Pudding</p>	<p>30. Hot: Baked Cod with Mango Salsa, Rice Pilaf, Broccoli, Carrots, Roll, Vanilla Pudding Cold: Cold Tortellini Salad with Ham and Pepperoni, Roll, Applesauce</p>	<p>31. Hot: Turkey Ala King, Mashed Potatoes, Country Cottage Mix, Biscuit, Homemade Cookie Cold: Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers</p>	<p>MENU ITEMS SUBJECT TO CHANGE!</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Hot Meal</td> <td style="text-align: right;">\$5.50</td> </tr> <tr> <td>Hot & Cold Meal</td> <td style="text-align: right;">\$8.25</td> </tr> <tr> <td>Hot, Cold & Breakfast</td> <td style="text-align: right;">\$9.50</td> </tr> </table>	Hot Meal	\$5.50	Hot & Cold Meal	\$8.25	Hot, Cold & Breakfast	\$9.50
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