





# Ken Ton Meals on Wheels Menu

## November 2023



Mon	Tue	Wed	Thu	FRI						
<p><b>Call 716-874-3595</b> <b>before 8:00 a.m. with cancellations</b></p>		<p><i>Adopt a Day- Beechwood Care</i></p> <p><b>1. Hot:</b> Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, <u>Fruit Parfait</u> <b>Cold:</b> Julienne Salad, Roll, Pineapple</p>	<p><b>2. Hot:</b> Tuna Noodle Casserole, Peas, Carrots, Mandarin Oranges, Dinner Roll <b>Cold:</b> Meat Loaf, Roll, Fruit Salad, Nilla Wafers</p>	<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route s 17 &amp; 18</i></p> <p><b>3. Hot:</b> Breaded Chicken Breast with Tarragon Gravy, Roasted Red Potatoes, Hubbard Squash, Roll, <u>Homemade Cookie</u> <b>Cold:</b> Egg and Bacon Salad on Rye, Broccoli Salad, Banana</p>						
<p><b>6. Hot:</b> Turkey, Gravy, Glazed Carrots and Peppers, Green Beans, Stuffing, Strawberry Bavarian <b>Cold:</b> Antipasto Salad, Roll, Peaches</p>	<p><b>7. Hot:</b> Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli / Carrot Mix, Ital. Bread, Fruit Cocktail <b>Cold:</b> Tuna Salad on Rye, Marinated Tomato Slices, Pears</p>	<p><b>8. Hot:</b> Beef Stew, Brussels Sprouts, Biscuit, Sugar Cookie <b>Cold:</b> Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p><i>The Milton J. Brounshidle Post 205 has adopted today in honor Veteran's Day</i></p> <p><b>9. Hot:</b> Ham Steak, Pineapple Glaze, Creamed Cabbage, Sweet Potatoes, Roll, <u>Cherry Tart</u> <b>Cold:</b> Chicken Salad w/ Craisins on Wheat Bread, Carrots &amp; Celery, Banana</p>	<p><b>10. NO MEAL DELIVERY</b></p> 						
<p><b>13. Hot:</b> Roast Beef, Gravy, Cheesy Mashed Potatoes, Broccoli/ Carrot Mix, Rye Bread, Apple <b>Cold:</b> Ham &amp; Cheese, Roll, Cucumber Salad &amp; Peaches</p>	<p><b>14. Hot:</b> Sloppy Joe, Hubbard Squash, Roasted Red Potatoes, Burger Roll, Cookie <b>Cold:</b> Turkey Rachel, 4 Bean Salad, Mandarin Oranges</p>	<p><i>The Honorable John J. LaFalce adopted today to celebrate all of the volunteers and clients of KTMOW</i></p> <p><b>15. Hot:</b> Chicken Parmesan over Penne, California Blend, Roll, <u>Coffee Parfait</u> <b>Cold:</b> Egg Salad on Wheat, Broccoli Slaw, Fruit Cocktail</p>	<p><b>16. Hot:</b> Turkey Divan Casserole, Sweet Potato, Green Beans Roll, Fruit Parfait <b>Cold:</b> Chicken Pasta, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p><b>17. Hot:</b> Polynesian Chicken, Rice, Cauliflower, Carrots, Chocolate Cake <b>Cold:</b> Seafood Salad over greens with an Egg, Wheat Pita, Cinnamon Pears</p>						
<p><b>20 Hot:</b> Braised Pork w/ Warm Cinnamon Apples, Roasted Carrots, Mashed Potatoes, Wheat Bread, Chocolate Mousse <b>Cold:</b> Roast Beef on Kaiser, Macaroni Salad, Mandarin Oranges</p>	<p><b>21. Hot:</b> Sweet &amp; Sour Chicken Fiesta Corn, California Blend, It. Bread, Lemon Berry Pudding <b>Cold:</b> Ham on Wheat, Strawberry-Orange Salad, Homemade Cookie</p>	<p><b>22.</b> Salisbury Steak, Onion Gravy, Sweet Potatoes, Broccoli &amp; Carrots, Roll, Cake <b>Cold:</b> Salad Samplers, Dinner Roll, Lettuce, Beets, Jell-O</p>	<p><b>23.</b></p> 	<p><b>24. Hot:</b> Rotini with Meatballs and Sauce, Cauliflower, Mix Veggies, Roll, Fruit Cocktail <b>Cold:</b> Assorted Sub, Marinated Tomato and Onion Salad, Melon Fruit Mix</p>						
<p><b>27. Hot:</b> Ham and Scalloped Potato, Peas &amp; Carrots, Warm Pineapple, Roll, Fruit Crisp <b>Cold:</b> Egg Salad over Greens, Pita, 4 Bean Salad, Mandarin Oranges</p>	<p><b>28. Hot:</b> Eggplant with Meat Sauce, Spinach, Cauliflower, Tropical Fruit <b>Cold:</b> Turkey on Multigrain Bread, Chef Salad, Marble Pudding</p>	<p><b>29. Hot:</b> Seafood Mac &amp; Cheese, Broccoli, Carrots, Orange <b>Cold:</b> Slice Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers</p>	<p><b>30. Hot:</b> Turkey Ala King, Mashed Potatoes, Country Cottage Mix, Roll, Homemade Cookie <b>Cold:</b> Tortellini Salad with Ham and Pepperoni, Roll, Applesauce</p>	<p><b>MENU ITEMS</b> <b>SUBJECT TO CHANGE!</b></p> <table><tr><td>Hot Meal</td><td>\$5.50</td></tr><tr><td>Hot &amp; Cold Meal</td><td>\$8.25</td></tr><tr><td>Hot, Cold &amp; Breakfast</td><td>\$9.50</td></tr></table>	Hot Meal	\$5.50	Hot & Cold Meal	\$8.25	Hot, Cold & Breakfast	\$9.50
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