





Ken Ton Meals on Wheels Menu

December 2023



Mon	Tue	Wed	Thu	FRI
<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>MENU ITEMS SUBJECT TO CHANGE!</p> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</p>		<p>FOOD ALLERGY NOTICE Please be advised that food prepared in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish If you have a food allergy or special dietary requirements, please call our office for more information.</p>	<p>1. Hot: Sausage & Chicken Jambalaya over Rice, Squash, Roll, Apricots Cold: Chicken Salad with Apples and Walnuts over Greens, Crackers and Grapes</p>
<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 19 & 20</i> 4. Hot: Beef Chili con Carne, Brown Rice, Broccoli and Carrot Mix, Crackers, Ginger Cookie Cold: Tuna Salad on roll, Sweet and Sour Slaw, Wafers</p>	<p>5. Hot: Chicken Parmesan, Bermuda Blend Veggies, Salad, Penne Pasta, Peaches Cold: Roast Beef and Provolone on Roll, Waldorf Salad, Spice Cake</p>	<p><i>Adopt a Day- Beechwood Care</i> 6. Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Wax Beans, Soft Roll, Chocolate Chip Cookie Cold: Egg Salad over Greens, Roll, Pineapple</p>	<p>7. The Brounshidle Post 205 adopted today to honor the 2403 citizens that were killed in the attack on Pearl Harbor Hot: Pulled Pork Mac & Cheese, Broccoli Carrot Mix, Cauliflower, Roll, Apple Crisp Cold: Turkey on Multigrain Bread, Macaroni Salad, Mandarin Oranges</p>	<p>8. Hot: Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, White Bread, Fruit Compote Cold: Ham Salad, Mixed Greens, Roll, Mixed Fruit</p>
<p>11. Hot: Potato, Kielbasa & Chicken Skillet, Carrots, Green Beans, Soft Roll, Fruit Crisp Cold: Turkey on Multigrain, Vegetable Salad, Applesauce</p>	<p>12. Hot: Steakette Burger w/ Mushroom Gravy. Mashed Potatoes, Classic Mix, Rye Bread, Tropical Fruit Cold: Chicken Club Pasta over Spinach and Tomatoes, Crackers, Mandarin Oranges</p>	<p><i>The Honorable John J. LaFalce adopted today to celebrate all of the volunteers and clients of KTMOW</i> 13. Hot: Lasagna with Meat Sauce, California Blend Vegetables, Salad, Roll, Lemon Bavarian Cold: Tuna Salad on Wheat, Carrots and Celery, Pineapple</p>	<p>14. Hot: Turkey, Gravy, Mashed Potatoes, Pea & Carrots, Stuffing, Jell-O Cold: Julienne Salad, Crackers, Vanilla Wafers</p>	<p>15. Hot: Battered Fish with Lemon and Tartar Sauce, Red Potato, Cole Slaw, Roll, Yogurt Parfait Cold: Roast Beef on Soft Roll, Potato Salad, Peaches</p>
<p>18. Hot: Cheese Ravioli, Meat Sauce, Peas, Squash with Peppers, Bread, Snicker Doodle Cookie Cold: Cold Meat Loaf on Brioche Roll, Broccoli Salad, Cinnamon Pears</p>	<p>19. Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Mandarin Oranges</p>	<p>20. Hot: Roast Beef and Gravy, Sweet Potato, Sweet and Sour Cabbage, Stuffing, Cherry Cake Cold: Ham and Swiss, Brioche roll, Chef Salad, Pineapple</p>	<p>21. Hot: Chicken and Waffles w/ Syrup, Home Fries, Spiced Apples, Fruit Compote with Apricots Cold: Tortellini Salad, Crackers, Peaches, Brownie</p>	<p>22. Hot: Turkey, Gravy, Mashed Potatoes, Peas & Carrots, Stuffing, Cranberry, Christmas Parfait Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple</p>
<p>25. NO DELIVERY TODAY</p> <p></p>	<p>26. Hot: Polish Sausage, Hot Dog Roll, Red Potatoes, Sauerkraut, California Mixed Veg. Strawberry Yogurt Parfait Cold: Chicken Salad on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p>27. Hot: Chicken Breast w/Hollandaise Sauce, Rice Pilaf, Peas, Roll, Orange Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Nilla Wafers</p>	<p>28. Hot: Goulash with Mozzarella Cheese, Seasoned Spinach, Cauliflower, Italian Bread, Ginger Cookie Cold: Roast Beef on Roll, Carrot and Raisin Salad, Grapes</p>	<p>29. Hot: Steak, Mashed Potatoes, Carrots & Broccoli Mix, Roll, Chocolate Cake and a Goodie Bag Cold: Seafood Pasta Salad, Crackers, Pears</p> <p></p>