




Ken Ton Meals on Wheels Menu

March 2024



Mon	Tue	Wed	Thu	FRI
<u>FOOD ALLERGY NOTICE</u> 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, <i>please call our office for more information</i>	MENU ITEMS SUBJECT TO CHANGE! Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50			1. Hot: Tuna Casserole, Peas, Carrots, Roll, Mandarin Oranges Cold: Egg Salad, Pita, Carrot Sticks, Grapes
4. Hot: Beef Chili con Carne, Broccoli & Carrot Mix, Rice, Crackers, Cookie Cold: Turkey and Swiss on a Roll, Sweet and Sour Slaw, Mixed Fruit	5. Hot: Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, Wheat Bread, Strawberry Bavarian Cold: Ham Salad, Mixed Greens, Roll, Mixed Fruit	<i>Adopt A Day Beechwood Continuing Care</i> 6. Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Mixed Vegetable, Squash Soft Roll, <u>Cake</u> Cold: Chicken Cranberry Salad over Greens, Roll, Fruit	7. Hot: Chicken Florentine over Penne, Mixed Vegetable, Pumpkin Cake Cold: Roast Beef and Provolone on Roll, Waldorf Salad, Nilla Wafers	<i>International Women's Day</i> 8. Hot: Manicotti, Broccoli, Carrots, Cauliflower, Cookie Cold: Tuna Salad, Pita, Carrot Sticks, Fruit
<i>Adopt A Day Anonymous donor in honor of Route 1 & 2</i> 11. Hot: Potato Kielbasa and Chicken Skillet, Carrots, Green Beans, Roll, Cherry Cake Cold: Turkey on Multigrain, Vegetable Salad, Applesauce	12. Hot: Steakette Burger w/ Mushroom Gravy, Mashed Potatoes, Mixed Veggie, Rye Bread, Apricots Cold: Chicken Club Pasta, Crackers, Mandarin Oranges	<i>St. Patrick's Day Meal</i> 13. Hot: Corned Beef, Cabbage, Rye Bread, Carrots, Boiled Potatoes, Key Lime Parfait Cold: Tuna on Multigrain Green Bean Salad, Applesauce	14. Hot: Roast Turkey w/ Gravy, Sweet Potato, Peas, Stuffing, Jello Cold: Julianne Salad, Crackers, Pears	<i>Adopt A Day Brounschidle Post #205 celebrating the Founding of the American Legion</i> 15. Hot: Seafood Mac & Cheese, Oriental Blend, <u>Cookie</u> Cold: Veggie Hummus Wrap, Peaches, Cucumber Salad
18 Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Mandarin Oranges and Pineapple Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple	<i>Adopt A Day Anonymous donor in honor of Route 3 & 4</i> 19. Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Mandarin Oranges	20. Hot: Roast Beef and Gravy, Sweet Potato, Cabbage, Stuffing, Ol' Fashioned Banana Pudding Cold: Ham and Swiss, Brioche roll, Chef Salad, Pineapple	21. Hot: Chicken and Waffles, Homefries, Warm Apples, Fruit Compote with Apricot Cold: Tortellini Salad, Crackers, Mandarin Oranges, Brownie	22. Hot: Stuffed Shells, Broccoli & Carrots Mix, Cauliflower, Fruit and Yogurt Parfait Cold: Egg Salad, Pita, Carrot Sticks, Fruit
27. Hot: Beef Pepper Steak Casserole, Broccoli & Carrots,, Rice, Roll, Cherry Pink Parfait Cold: Ham & Swiss on Rye, Homemade Macaroni Salad, Mandarin Oranges	28. Hot: BBQ Chicken with Bacon and Cheese, Rice Pilaf, Bermuda Blend, Roll, Orange Cold: Egg Salad on Wheat, Sweet & Sour Slaw, Tropical Fruit	29. Hot: Broccoli & Cheddar Frittata, Roasted Red Potatoes, Hubbard Squash, Roll, Homemade Cookie Cold: Mediterranean Tuna over Greens, Crackers, Grapes	HOLY THURSDAY 30. Hot: Ham Steak, Scalloped Potatoes Au Gratin, Peas, Cornbread, <u>Blueberry Pear Crisp</u> Cold: Roast Beef on Roll, Carrot & Raisin Salad, Applesauce	CLOSED HAPPY EASTER 