



Ken Ton Meals on Wheels Menu

April 2024



Mon	Tue	Wed	Thu	FRI
<p>1. Hot: Swedish Meatballs, Bow-tie Pasta, Chef Salad, Wax Beans, Roll, Tropical Fruit Cold: Shrimp Taco Salad, Mandarin Oranges, Tortilla Chips</p>	<p>2. Hot: Honey Glazed Chicken, Lima Bean Bake, Sweet Potatoes, Roll, Pudding Cold: Ham & Swiss Wrap, 3 Bean Salad, Fruit Cocktail</p>	<p><i>Adopt a Day- Beechwood Care</i> 3. Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Peanut Butter Cookie Cold: Chicken Mediterranean Salad, Pita, Grapes</p>	<p>4. Hot: Garlic and Spinach Shrimp over Pasta, Roasted Italian Veggies, Roll, Cantaloupe Cold: Egg Salad over Greens, Roll, Peaches</p>	<p><i>Adopt a Day-Brounshidle Post commemorating the American Entry into WW1</i> 5.Hot: BBQ Pork Ribette, Scaloped Potatoes, California Mix, Roll, Gingerbread Cake Cold: Chicken Pasta, Crackers, Carrots, Fruited Gelatin</p>
<p>8. Hot: Pasta and Meatballs, Country Cottage Mix, Cauliflower, Fruit Cocktail Cold: Pub Salad over Greens, Roll, Mandarin Oranges</p>	<p>9. Hot: Salisbury Steak, Onion Gravy, Mashed potatoes, Broccoli & Carrots, Roll, Cookie Cold: Turkey on Wheat, Carrots and Celery, Tropical Fruit</p>	<p>10. Hot: Chicken and Waffles, Homefries, Warm Apples, Fruit Compote with Apricots Cold: Tortellini Salad, Crackers, Mandarin Oranges, Brownie</p>	<p>11. Hot: Roasted Pork Loin with Gravy, Sweet Potato, Collard Greens, Stuffing, Applesauce Cold: Greek Chicken Salad, Roll, Pears</p>	<p>12. Hot: Chicken Salsa Bake with Capri Vegetable Blend, Red Potato, Mint Brownie Cold: Roast Beef & Cheese on Roll, Potato Salad, Apricots</p>
<p><i>Adopt A Day Anonymous donor in honor of Route 5 & 6</i> 15. Hot: Cheeseburger Pie, Tater Tots, California Blend, Pudding Parfait Cold: Turkey on Rye, Chef Salad, Vanilla Wafers</p>	<p>16. Hot: Tomato Basil Mac and Cheese, Cauliflower, Spinach, Roll, Pineapple Cold: Beef & Blue Cheese, Salad, Pita, Mandarin Oranges</p>	<p>17. Hot: Chicken Biscuit Pie, Gravy, Broccoli, Warm Apples Cold: Ham on Wheat, Creamy Carrot Salad, Strawberry Bavarian</p>	<p>18. Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Berry Compote Cold: Seafood Pasta Salad, Roll, Tomato Wedges, Chocolate Mint Cookie</p>	<p>19. Hot: Chicken Cordon Bleu over Rice, Broccoli, Orange Glazed Carrots, Raspberry Parfait Cold: Egg Salad on Wheat, Cucumber Slices, Pears</p>
<p>22. Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, California Mixed Vegetables, Roll, Peach Bavarian Cold: Salmon Caesar Salad, Hard Boiled Egg, Crackers, Pears</p>	<p>23. Hot: Rigatoni with Italian Sausage, Cauliflower, Mixed Vegetable, Berry Shortcake Cold: Veggie Hummus Wrap, Pasta Salad, Fresh Fruit</p>	<p>24. Hot: Battered Fish, Zucchini Medley with Peppers, Red Potatoes, Roll, Melon Salad Cold: Roast Beef on Rye, Garden Salad, Homemade Cookie</p>	<p>25. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas, Sweet Potatoes, Roll, Apple Cobbler Cold: Ham Salad, Roll, Pineapple Slaw, Jell-O</p>	<p>26. Hot: Beef Strips over Rice, Oriental Vegetables, Carrots, Roll, Apricots, Cold: Greek Chicken Salad, Crackers, Brownie</p>
<p>29. Hot: Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Turkey Rachel Sandwich, Celery and Carrot Sticks, Applesauce</p>	<p>30. Hot: Cheesy BBQ Chicken with Sauteed Onion and Bacon, Broccoli Rice Casserole, Bermuda Blend, Wheat Bread, Pineapple Cold: Cold Meat Loaf, Roll, Fruit Salad, Pudding</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,</p>	<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>