




Ken Ton Meals on Wheels Menu May 2024



Mon	Tue	Wed	Thu	FRI
MENU ITEMS SUBJECT TO CHANGE! Hot Meal \$5.50 Hot & Cold Meal \$8.25	<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>Adopt a Day- Beechwood Care</i> 1. Hot: Pork with Gravy, Scalloped Potatoes, California Blend, Roll, Shortbread Cookie Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake	<i>Adopt a Day: Volunteer Ann Parelli in memory of long time volunteer Dorothy "Dot" Lien on her heavenly birthday</i> 2. Hot: Ham and Cheese Frittata, Roasted Red Potatoes, Hubbard Squash, Roll, Lemon Raspberry Parfait, Cold: Julienne Salad, Roll, Pineapple, Jell-O	3. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Bread, Homemade Cookie Cold: Mediterranean Tuna Salad, Crackers, Grapes
6. Hot: Turkey, Gravy, Glazed Carrots, Green Beans, Stuffing, Strawberry Parfait Cold: Antipasto Salad, Roll, Peaches	7. Hot: Beef Stew, Brussels Sprouts, Biscuit, Apple Tart Cold: Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O	8. Hot: Chicken Cordon Bleu over Rice, Broccoli, Carrots, Homemade Cookie Cold: Fajita Chicken Wrap, Black Bean Salsa, Pears	<i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 7 & 8</i> 9. Hot: Ham Steak, Pineapple Glaze, Creamed Dill Cabbage, Sweet Potatoes, Roll, Brownie Cold: Tuna Salad on Rye Bread, Mixed Greens with Tomatoes, Banana	Happy Mother's Day 10. Hot: Apricot Chicken, Rice Pilaf, Green Beans, Roll, Chocolate and Strawberry Parfait Cold: Roast Beef on Roll, Macaroni Salad, Tropical Fruit
13. Hot: Polynesian Chicken, Rice, Cauliflower, Carrots, Chocolate Cake Cold: Seafood Salad over greens with 1/2 Egg, Wheat Pita, Cinnamon Pears	14. Hot: Tuna Casserole, Peas & Carrots, Roll, Fruit Compote Cold: Cranberry Chicken Salad, Carrots and Celery, Pineapple Cake	15. Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Classic Mix, Rye Bread, Apple Cold: Ham & Cheese, Roll, Cucumber Salad & Peaches	16. Hot: Cheeseburger Pie, Roasted Red Potatoes, Bermuda Blend, Fruit Parfait Cold: Chicken Pasta, Crackers, Cucumber Slices, Melon Mix Salad	17. Hot: Veal Parmesan over Penne, Spinach, Roll, Tropical Fruit Cold: Egg Salad on Rye, Broccoli Slaw, Fruit Cocktail
20. Hot: Shepard's Pie, Garlic Biscuit, Warm Apples, Fruit Crisp Cold: Ham Salad over Greens, Pita, 4 Bean Salad, Mandarin Oranges	21. Hot: Braised Pork w/ warm Cinnamon Apples, Roasted Carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse Cold: Roast Beef on Roll, Macaroni Salad, Grapes	22. Hot: Seafood Mac & Cheese, Broccoli, Classic Mix, Orange Cold: Sliced Pork on Brioche, Kale & Cranberry Salad, Berry Muffin Square	23. Hot: <i>Ham and Scalloped Potato, Peas & Carrots, Warm Pineapple, Roll, <u>Spice Cake</u></i> Cold: Tuna Salad over Greens, Tomatoes, Crackers, Tropical Fruit	<i>24. Adopt a Day-Brounshidle Post in honor of Memorial Day</i> Hot: Grilled Hot Dog, Baked Beans, Roasted Potatoes, Carrots, <u>Strawberry Shortcake</u> Cold: Salad Samplers, Pita, Lettuce, Beets, Jell-O
27. MEMORIAL DAY NO MEAL DELIVERY 	28. Hot: Pulled Pork Mac & Cheese, Cauliflower, Green Beans, Fruit and Yogurt Parfait Cold: Turkey on Multigrain bread, Macaroni Salad, Mandarin Oranges	29. Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, Roll, Pineapple Cold: Chicken Cranberry Salad over Greens, Roll, Fruit	30. Hot: Chicken Florentine over Penne, Salad, California Mix, Pumpkin Cake Cold: Roast Beef and Provolone on Roll, Waldorf Salad, Peaches	31. Hot: Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, White Bread, Strawberry Bavarian Cold: Ham Salad, Mixed Greens, Pita, Mixed Fruit