




Ken Ton Meals on Wheels Menu June 2024



Mon	Tue	Wed	Thu	FRI						
<p>3. Hot: Goulash with Mozzarella Cheese, Spinach, Cauliflower, Italian Bread, Fruit and Yogurt Parfait Cold: Ham on Roll, Carrot and Raisin Salad, Grapes</p>	<p>4. Hot: Chicken Strips over Rice with Peppers and Onions, Oriental Vegetables, Carrots, Roll, Apricots, Cold: Tuna Salad over Greens, Sliced Tomatoes, Pita and Brownie</p>	<p><i>Adopt a Day- Beechwood Care</i> 5. Hot: Lasagna with Meat Sauce, California Blend Vegetables, Salad, Ricotta Cookie Cold: Turkey & Cheese on Wheat, Carrots and Celery, Pineapple</p>	<p>6. Hot: Turkey Ala King, Mashed Potatoes, Country Cottage Mix, Roll, Berry Compote with Cream Cold: Cold Pork Loin on a Brioche Roll, Cranberry-Apple-Raisin Salad, Nilla Wafers</p>	<p><i>Adopt a Day- Jessica Nowak in memory of Richard Nowak's birthday</i> 7. Hot: Battered Fish with Tartar Sauce, Red Potato, Cole Slaw, Roll, Boston Cream Parfait Cold: Roast Beef on Soft Roll, Salad, Mandarin Oranges</p>						
<p>10. Hot: Cheese Ravioli, Meat Sauce, Peas, Squash with Peppers, Bread, Snicker Doodle Cookie Cold: Meat Loaf on Brioche Roll, Broccoli Tomato Salad, Cinnamon Pears</p>	<p>11. Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake Cold: Salmon Caesar Salad, Pita, Peaches</p>	<p>12. Hot: Roast Beef and Gravy, Sweet Potato, Cabbage, Stuffing, Fruit Crisp Cold: Ham and Swiss On Roll, Chef Salad, Mandarin Oranges</p>	<p>13. Hot: Chicken Parmesan, California Blend Veggies, Salad, Penne Pasta, Roll, Pineapple Cold: Roast Beef & Provolone on Rye, Waldorf Salad, Graham Crackers</p>	<p><i>Adopt a Day-Milton J. Brounshidle Post 205 in celebration of Flag Day</i> 14. Hot: Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, RWB Parfait Cold: Southwest Chicken Salad, Greens, Tortilla Chips, Apple Happy Father's Day Meal</p>						
<p>17. Hot: BBQ Chicken with Bacon and Cheese, Rice Pilaf, Broccoli, Roll, Orange Cold: Egg Salad on Multigrain Sweet & Sour Slaw, Spice Cake</p>	<p>18. Hot: Beef Pepper Steak Casserole, Mixed Vegetables, Rice, Tropical Fruit, Roll Cold: Shrimp Taco Salad with Taco Chips, Cake</p>	<p>19. NO MEAL DELIVERY</p> 	<p>20. Hot: Sausage Rotini with Tomato Sauce, Cauliflower, Mixed Veggie, Fruit & Yogurt Parfait Cold: Chicken Salad over Spinach with Tomatoes, Crackers, Mandarin Oranges</p>	<p>21. Hot: Chicken with Gravy, Egg Noodles, Peas & Carrots, Yellow Squash, Cookie Cold: Roast Beef on Soft Roll, Potato Salad, Peaches</p>						
<p>24. Hot: Swedish Meatballs over Noodles Chef Salad, Wax Beans, Roll, Tropical Fruit Cold: Turkey on Wheat, Homemade Macaroni Salad, Pears</p>	<p>25. Hot: Honey Glazed Chicken, Lima Bean Bake, Sweet Potatoes, Roll, Pudding Cold: Ham and Swiss, Wheat Chef Salad, Pineapple</p>	<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 9 & 10</i> 26. Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, Cookie Cold: Tuna Mediterranean Salad, Pita, Grapes</p>	<p>27. Hot: Philly Mac & Cheese Broccoli, Carrots, and Orange Parfait Cold: Chicken Craisin Wrap, 3 Bean Salad, Fruit Cocktail</p>	<p>28. Hot: Garlic and Spinach Shrimp over Pasta, Roasted Italian Veggies, Italian Bread, Cantaloupe Cold: Egg Salad over Greens, Roll, Peaches</p>						
		<p>Call 716-874-3595 before 8:00 a.m. with cancellations</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>MENU ITEMS SUBJECT TO CHANGE!</p> <table> <tr> <td>Hot Meal</td> <td>\$5.50</td> </tr> <tr> <td>Hot & Cold Meal</td> <td>\$8.25</td> </tr> <tr> <td>Hot, Cold & 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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