




Ken Ton Meals on Wheels Menu JULY 2024



Mon	Tue	Wed	Thu	FRI
<p>1. Hot: Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Apple Crisp Cold: Pub Salad over Greens, Roll and Mandarin Oranges</p>	<p>2.Hot: Salisbury Steak, Onion Gravy, Mashed potatoes, Mixed Veg, Roll, Sugar Cookie Cold: Julienne Salad, Crackers, Tropical Fruit</p>	<p><i>Adopt a Day- Beechwood Care</i> 3. Hot: Hot Dog, Sweet Potato Tots, Baked Beans, Broccoli & Carrot Mix, <u>Holiday Cookie</u> Cold: Tuna Mac Salad over Greens w/ Hard Boiled Egg, Crackers, Pears</p>	<p>NO MEAL DELIVERY</p> 	<p><i>The Milton J. Brounshide Post 205 has adopted today in Honor of Independence Day</i> 5. Hot: Cheeseburger Pie, California Blend, Red Potatoes, Cherry Parfait Cold: Roast Beef & Cheese on Roll, Potato Salad, Apricot</p>
<p>8.Hot: Chicken Salsa Bake over Rice with Capri Vegetable Blend,, Roll, Tropical Fruit Cold: Turkey on Rye, Four Bean Salad, Lemon Bavarian</p>	<p><i>Adopt a Day Cutrolo Family Foundation</i> 9. Hot: Tomato Basil Mac and Cheese, Carrots, Roll, Peanut Butter Cookie Cold: Beef & Blue Cheese, Salad, Pita, Mandarin Oranges</p>	<p>10. Hot: Chicken Biscuit Pie, Gravy, Broccoli, Warm Apples Cold: Antipasto Salad, Mixed Fruit and Roll</p>	<p>11. Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Berry Compote Cold: Seafood Pasta Salad, 1/2 Egg, Roll, Tomato Wedges, Chocolate Mint Cookie</p>	<p>12. Hot: Lasagna, with Meat Sauce, California Mixed Vegetables, Chef Salad, Dinner Roll, Fruit Crisp Cold: Egg Salad on Wheat, Cucumbers Salad, Cinnamon Streusel</p>
<p>15. Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, California Mixed Vegetables, Roll, Peach Bavarian Cold: Salmon Caesar Salad, Hard Boiled Egg, Crackers, Pears</p>	<p>16. Hot: Rigatoni with Italian Sausage, Cauliflower, Mixed Vegetable, Fruit & Yogurt Parfait, Roll Cold: Veggie Hummus Wrap, Pasta Salad, Fresh Fruit</p>	<p>17. Hot: Battered Fish, Zucchini Medley with Peppers, Red Potatoes, Roll, Melon Salad Cold: Roast Beef on Rye, Garden Salad, Homemade Cookie</p>	<p>18. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas& Carrots, Sweet Potatoes, Roll , Apple Cobbler Cold: Ham Salad on Roll, Pineapple Slaw, Jell-O</p>	<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Routes 11 & 12</i> 19. Hot: Beef Strips over Rice, Oriental Vegetables, Carrots, Roll, Strawberry Parfait Cold: Greek Chicken Salad, Crackers, Brownie</p>
<p>22. Hot: Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Turkey Rachel Sandwich, Celery and Carrot Sticks, Applesauce</p>	<p>23. Hot: Cheesy BBQ Chicken with Sauteed Onion and Bacon, Broccoli Rice Casserole, Bermuda Blend, Roll, Pineapple Cold: Cold Meat Loaf, Roll, Fruit Salad, Pudding</p>	<p>24. Hot: Sliced Pork Loin with Gravy, Scalloped Potatoes, California Blend, Roll, Peach Cobbler Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p>25. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Fruit and Yogurt Parfait Cold: Mediterranean Tuna Salad, Crackers, Grapes</p>	<p>26. Hot: Southwest Cheese Frittata, Roasted Red Potatoes, Hubbard Squash, Roll, Orange Parfait Cold: Julienne Salad, Roll, Pineapple</p>
<p>29.Hot: Turkey, Gravy, Glazed Carrots, Peas, Stuffing, Strawberry Bavarian Cold: Antipasto Salad, Roll, Peaches</p>	<p>30. Hot: Beef Stew, Brussels Sprouts, Biscuit, Apple Tart Cold: Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p>31.Hot: Chicken Cordon Bleu over Rice, Broccoli ,Carrots, Raspberry Parfait Cold: Tuna Salad on Rye, Marinated Tomato Slices, Pears</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, <i>please call our office for more information</i></p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations MENU ITEMS SUBJECT TO CHANGE!</p> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</p>