




Ken Ton Meals on Wheels Menu

AUGUST 2024



Mon	Tue	Wed	Thu	FRI
<p>FOOD ALLERGY NOTICE Please be advised that food prepared in our kitchen may contain these ingredients:</p> <p>Milk, eggs, soybean, peanuts, tree nuts, and shellfish</p> <p>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> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</p>	<p>Call 716-874-3595 before 8:00 a.m. with cancellations</p>	<p>1. Hot: Ham Steak, Pineapple Glaze, Creamed Cabbage, Sweet Potatoes, Roll, Cookie Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Banana</p>	<p>2. Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli / Carrot Mix, Ital. Bread, Fruit Cocktail Cold: Roast Beef, Multi Grain Roll, Macaroni Salad, Tropical Fruit</p>
<p><i>Adopt a Day- Cutrolo Family Foundation</i> 5. Hot: Polynesian Chicken, Rice, Cauliflower, Carrots, <u>Cheese-cake Cup</u> Cold: Seafood Salad over greens with 1/2 Egg, Roll, Cinnamon Pears</p>	<p>6. Hot: Pulled BBQ Pork, Hubbard Squash, Roasted Red Potatoes, Roll, Cookie Bar Cold: Turkey and Swiss on Roll, 4 Bean Salad, Mandarin Oranges</p>	<p><i>Adopt a Day- Beechwood Care</i> 7 Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Mixed Vegetable, Rye Bread, <u>Cookie</u> Cold: Ham & Swiss, Roll, Cucumber Salad &</p>	<p><i>The Milton J. Brounshidle Post 205 has adopted today to commemorate the founding of the Post in 1919</i> 8. Hot: Cheeseburger Pie, Tater Tots, Bermuda Blend Veg, <u>Fruit Parfait</u> Cold: Chicken Pasta, Crackers, Cucumbers, Melon Mix</p>	<p><i>A Gibas family friend adopted today in memory of Gwen Gibas on what would have been her 100th birthday</i> 9. Hot: Veal Parmesan over Penne, California Blend Veg, Roll, <u>Cake</u> Cold: Egg Salad on Rye, Broccoli Slaw, Fruit Cocktail</p>
<p>12. Hot: Sweet and Sour Chicken Fiesta Corn, California Blend, Rice Lemon Berry Pudding Cold: Turkey on Wheat, Strawberry-Orange Salad, Nilla Wafer</p>	<p>13. TACO TUESDAY Hot: Taco Casserole with Sour Cream and Tortilla Chips, Mixed Veggie and Lime Parfait Cold : Sliced Chicken Breast on Kaiser Roll, Pasta Salad, Mandarin Oranges</p> 	<p>14. Hot: Turkey, Gravy, Mashed Sweet Potatoes, Peas, Roll, Fruited Tapioca Pudding Cold: Salad Samplers, Pita, Lettuce, Beets, Jell-O</p>	<p>15. Hot: Lemon Chicken Breast over Collard Greens, Garlic Biscuit, Peas, Cake Cold: Tuna Salad over greens, tomatoes, Crackers, Tropical Fruit</p>	<p>16. Hot: Rotini with Swedish Meatballs and Sauce, Cauliflower, Chef Salad, Roll, Fruit Cocktail Cold: Assorted Sub, Marinated Tomato and Onion Salad, Melon Fruit Mix</p>
<p>19. Hot: Ham and Scalloped Potato, Peas & Carrots, Warm Pineapple, Roll, Fruit Crisp Cold: Egg Salad over Greens, Pita, 4 Bean Salad, Mandarin Oranges</p>	<p>20. Hot: Eggplant Parmesan with Meat Sauce, Cauliflower, Spinach, Roll, Tropical Fruit Cold: Turkey on Multigrain Bread, Chef Salad, Marble Pudding</p>	<p>21. Hot: Seafood Mac & Cheese, Roll, Broccoli, Mixed Vegetable, Orange Cold: Sliced Pork on Brioche, Kale & Cranberry Salad, Nilla Wafers</p>	<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 11 & 12,</i> 22. Hot: Turkey Ala King, Roll Mashed Potatoes, Country Cottage Mix, <u>Cookie</u> Cold: Tortellini Pasta, Roll, Applesauce</p>	<p>23. Hot: Sausage & Chicken Jambalaya over Rice, Squash, Roll, Apricots Cold: Chicken Salad w/ Apple and Walnuts over Mixed Greens, Crackers Grapes, Celery & Carrot Sticks</p>
<p>26. Hot: Beef Chili con Carne, Brown Rice, Broccoli and Carrot Mix, Crackers, Apple Cold: Tuna Salad on Roll, Sweet and Sour Slaw, Wafers</p>	<p>27 Hot: Battered Fish w/ Lemon and Tarter, Potato Wedges, Cole-slaw Fruit and Yogurt Parfait Cold: Turkey on Multigrain bread, Macaroni Salad, Mandarin Oranges</p>	<p>28. Hot: Italian Sausage w/ Peppers, Onion and Tomato Sauce, Peas, Corn, soft roll, Pineapple Cold: Chicken Cranberry Salad over Greens, Roll, Fruit</p>	<p>29. Hot: Chicken Florentine over Penne, California Blend, Roll, Salad, Pumpkin Cake Cold: Roast Beef and Provolone on Roll, Waldorf Salad, Peaches</p>	<p>30. Hot: Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, Italian Bread, Strawberry Bavarian Cold: Ham Salad, Mixed Greens, Pita, Mixed Fruit</p>