



# Ken Ton Meals on Wheels Menu

## SEPTEMBER 2024



Mon	Tue	Wed	Thu	FRI						
<p><b>2. HAPPY LABOR DAY NO MEAL DELIVERY</b></p>	<p><b>3. Hot:</b> Steakette Burger w/ Mushroom Gravy. Mashed Potatoes, Classic Mixed Veggies, Rye Bread, Tropical Fruit <b>Cold:</b> Chicken Club Pasta, Crackers, Mandarin Oranges</p>	<p><i>Adopt a Day- Beechwood Care</i>  <b>4. Hot:</b> Lasagna with Meat Sauce, California Blend Vegetables, Salad, Cookie  <b>Cold:</b> Parmesan Tuna Salad, Wheat ,Carrots and Celery, Pineapple</p>	<p><b>5. Hot:</b> Roast Turkey w/ Gravy, Mashed Potato, Peas, Stuffing, Jello  <b>Cold:</b> Julianne Salad, Crackers, Pears</p>	<p><b>6. Hot:</b> Battered Fish with Tartar Sauce, Red Potato, Cole Slaw, Roll, Yogurt Parfait  <b>Cold:</b> Roast Beef on Soft Roll, Macaroni Salad, Peaches</p>						
<p><b>9. Hot:</b> Cheese Ravioli, Meat Sauce, Peas, Squash with Peppers, Bread, Snicker Doodle Cookie <b>Cold:</b> Cold Meat Loaf on Brioche Roll ,Broccoli Salad, Cinnamon</p>	<p><b>10.Hot:</b> Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, Marble Cake  <b>Cold:</b> Tortellini Salad, Crackers, Mandarin Oranges,</p>	<p><i>The Milton J. Brounshidle Post 205 has adopted today to commemorate the attacks of September 11th</i>  <b>11. Hot:</b> Beef Chili con Carne, Brown Rice, Broccoli &amp; Carrot Mix, Corn, Patriot Parfait <b>Cold:</b> Chicken Salad on roll, 4 Bean Salad, Pineapple</p>	<p><b>12. Hot:</b> Chicken and Waffles, Homefries, Warm Apples, Berry Compote with Apricot  <b>Cold:</b> Salmon Caesar Salad, Pita, Peaches</p>	<p><b>13. Hot:</b> Bratwurst and Baked Beans, Roasted Potato, Vegetable Medley, Roll, Mandarin Oranges and Pineapple <b>Cold:</b> Southwest Chicken Salad,</p>						
<p><b>16.</b> Beef Pepper Steak over Rice, Mixed Vegetables, Roll, Apricots, <b>Cold:</b> Tuna Salad over Greens, Sliced Tomatoes, Pita and Brownie</p>	<p><b>17. Hot:</b> BBQ Chicken with Bacon and Cheese, Rice Pilaf, Bermuda Blend, Roll, Orange  <b>Cold:</b> Egg Salad on Wheat, Sweet &amp; Sour Slaw, Tropical Fruit</p>	<p><b>18. Hot:</b> Kielbasa &amp; Chicken Potato Skillet , California Mixed Vegetables, Ginger Cookie <b>Cold:</b> Chicken Sandwich on Wheat, Tomato and Cucumber Salad, Applesauce</p>	<p><b>19. Hot:</b> Goulash with Mozzarella Cheese, Seasoned Spinach, Carrots, Italian Bread, Ambrosia  <b>Cold:</b> Roast Beef on Wheat Roll, Marinated Mixed Veggies Grapes</p>	<p><b>20. Hot:</b> Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oatmeal Raisin Cookie  <b>Cold:</b> Seafood Pasta Salad, Crackers, Pears</p>						
<p><b>23. Hot:</b> Swedish Meatballs over Rotini, Broccoli, Wax Beans, Roll, Tropical Fruit  <b>Cold:</b> Turkey Swiss Salad, Crackers, Mandarin Oranges</p>	<p><b>24. Hot:</b> Chicken with Gravy, Lima Bean Bake, Sweet Potatoes, Roll, Fruit Cup  <b>Cold:</b> Ham &amp; Swiss Wrap, Chef Salad, Fruit Cocktail</p>	<p><i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Routes 14 &amp; 15</i>  <b>25. Hot:</b> Beef Stroganoff over Rice, Cauliflower, Green Beans, Cookie <b>Cold:</b> Tuna Mediterranean Salad, Pita, Grapes</p>	<p><b>26. Hot:</b> Garlic and Spinach Shrimp over Pasta, Roasted Italian Veggies, Roll, Cantaloupe  <b>Cold:</b> Egg Salad over Greens, Roll, Peaches</p>	<p><b>27. Hot:</b> Ham Steak with Scaloped Potatoes, French Green Beans, Roll, Fruit Crisp <b>Cold:</b> Chicken Pasta, Crackers, Carrots, Fruited Gelatin</p>						
<p><b>30.</b> Cheeseburger Pie, Tater Tots, California Mix Vegetables, Fruit Parfait  <b>Cold:</b> Turkey on Marble Rye, Four Bean Salad, Lemon Bavarian</p>		<p style="text-align: center;"><b>FOOD ALLERGY NOTICE</b></p> <p>Please be advised that food prepared in our kitchen may contain these ingredients:</p> <p style="text-align: center;">Milk, eggs, soybean, peanuts, tree nuts, and shellfish</p> <p style="text-align: center;">If you have a food allergy or special dietary requirements, please call our office for more information</p>	<p style="text-align: center;"><b>MENU ITEMS SUBJECT TO CHANGE!</b></p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 2px;">Hot Meal</td> <td style="text-align: right; padding: 2px;">\$5.50</td> </tr> <tr> <td style="padding: 2px;">Hot &amp; Cold Meal</td> <td style="text-align: right; padding: 2px;">\$8.25</td> </tr> <tr> <td style="padding: 2px;">Hot, Cold &amp; Breakfast</td> <td style="text-align: right; padding: 2px;">\$9.50</td> </tr> </table>	Hot Meal	\$5.50	Hot & Cold Meal	\$8.25	Hot, Cold & Breakfast	\$9.50	<p style="text-align: center;"><b>Call 716-874-3595 before 8:00 a.m. with cancellations</b></p>
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