




Ken Ton Meals on Wheels Menu

OCTOBER 2024



Mon	Tue	Wed	Thu	FRI
MENU ITEMS SUBJECT TO CHANGE! Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50	1. Hot: Tomato Basil Mac and Cheese, Spinach, Cauliflower, Roll, Pineapple Cold: Beef & Blue Cheese, Salad, Roll, Mandarin Oranges	<i>Adopt a Day- Beechwood Care</i> 2. Hot: Chicken over Pasta w/ Tomato & Spinach, California Blend, Roll & Apple Crisp Cold: Ham on Wheat, Creamy Carrot Salad, Strawberry Bavarian	3. Hot: Meatloaf, Gravy, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Berry Compote Cold: Seafood Pasta Salad, Egg, Roll, Tomato Wedges, Chocolate Mint Cookie	4. Hot: Battered Fish, Red Potatoes, Bermuda Blend, Roll, Ambrosia Cold: Chicken Pasta, Crackers, Carrot Sticks, Fruited Gelatin
7. Hot: Rigatoni with Italian Sausage, Cauliflower, Mixed Vegetable, Fruit Yogurt Parfait Cold: Salmon Caesar Salad, Hard Boiled Egg, Crackers, Pears	8. Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, California Mixed Vegetables, Roll, Peach Bavarian Cold: Veggie Hummus Wrap, Pasta Salad, Fresh Fruit	9. Hot: Chicken Cordon Bleu over Rice, Broccoli, Carrots, Roll, Pineapple Cold: Tuna Salad over Greens, , Crackers, Sliced Tomato, Peaches	10. Hot: Beef Strips over Rice, Oriental Vegetables, Carrots, Roll, Strawberry Parfait , Cold: Greek Chicken Salad, Crackers, Brownie	<i>Adopt a Day An Anonymous Volunteer adopted today to honor all the clients on Route 16 & 17</i> 11. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas & Carrots, Sweet Potatoes, Roll, Cherry Cobbler Cold: Ham Salad, Roll, Pineapple Slaw, Jell-O
14. COLUMBUS DAY NO MEAL DELIVERY 	15. Hot: Turkey w/Gravy, Mashed Sweet Potatoes, Peas, Rye Bread, Apple Cold: Chicken Caesar Salad, Crackers, Mandarin Oranges	16. Hot: Pork Loin with Gravy, Scalloped Potatoes, California Blend, Roll, Peach Cobbler Cold: Chicken Pasta Salad, Crackers, Grapes, Cake	17. Hot: Stuffed Shells with Meat Sauce, Spinach w/ Mushrooms, Cauliflower, Italian Bread, Fruit and Yogurt Parfait Cold: Mediterranean Tuna Salad, Tomato Wedges, Crackers, Tropical Fruit	18. Hot: Beef & Cheese Frittata, Roasted Red Potatoes, Hubbard Squash, Roll, Homemade Cookie Cold: Julienne Salad, Roll, Pineapple
<i>Marlene Prather in memory of her father Frank Jakubczak on the anniversary of his passing</i> 21 Hot: Cheesy BBQ Chicken with Sauteed Onion and Bacon, Broccoli Rice Casserole, Bermuda Blend, Pineapple Parfait, Wheat Bread Cold: Turkey on Roll, Fruit Salad, Pudding	22. Hot: Beef Stew, Brussels Sprouts, Biscuit, Apple Tart Cold: Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O	<i>The Milton J. Brounshidle Post 205 has adopted today to commemorate the bombing of US Marine Barracks in Beirut in 1083</i> 23. Hot: Battered Fish, California Blend, Red Potatoes, Roll, <u>Cookie</u> Cold: Roast Beef on Rye, Garden Salad, Tropical Fruit	24. Hot: Ham Steak, Pineapple Glaze, Creamed Cabbage, Sweet Potatoes, Roll, Mandarin Oranges Cold: Chicken Salad w/ Craisins on Wheat Bread, Carrots and Celery, Nilla Wafers	25. Hot: Stuffed Peppers, Meat Sauce, Mashed Potatoes, Broccoli / Carrot Mix, Ital. Bread, Fruit Cocktail Cold: Ham on Roll, Cole-slaw, Peaches
28. Hot: Polynesian Chicken, Rice, Cauliflower, Carrots, Roll, Fig Newton Cold: Seafood Salad over Greens with 1/2 Egg, Wheat Pita, Cinnamon Pears	29. Hot: Pulled BBQ Pork, Hubbard Squash, Roasted Red Potatoes, Wheat Roll, Cookie Bar Cold: Turkey and Swiss on Roll, 4 Bean Salad, Mandarin Oranges	30. Hot: Roast Beef, Gravy, Cheesy Mashed Potatoes, Mixed Veg, Rye Bread, Apple Cold: Ham & Cheese, Roll, Cucumber Salad & Peaches	31. Hot: Chicken Gumbo, Rice, Cornbread, Waxed Beans, Dirt Parfait Cold: Chicken Pasta Salad over Mixed Greens, Crackers and Mandarin Oranges	Call 716-874-3595 before 8:00 a.m. with cancellations FOOD ALLERGY NOTICE Please be advised that food prepared in our kitchen may contain these ingredients: Milk, eggs, soybean, peanuts, tree nuts, and shellfish