





# Ken Ton Meals on Wheels Menu

## November 2024



Mon	Tue	Wed	Thu	FRI
<p><b>Call 716-874-3595</b> <b>before 8:00 a.m. with</b> <b>cancellations</b></p>	<p><u>FOOD ALLERGY NOTICE</u> 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><b>MENU ITEMS</b> <b>SUBJECT TO CHANGE!</b></p> <p>Hot Meal \$5.50 Hot &amp; Cold Meal \$8.25 Hot, Cold &amp; Breakfast \$9.50</p>	<p><b>1 Hot:</b> Taco Casserole with Sour Cream and Tortilla Chips, Mixed Veggie and Lime Parfait <b>Cold :</b> Sliced Chicken Breast on Kaiser Roll, Pasta Salad, Mandarin Oranges</p>
<p><b>4. Hot:</b> Chicken Nuggets with Sweet and Sour Sauce, Fiesta Corn, Cauliflower/ Carrot Blend, Rice, Lemon Berry Pudding <b>Cold:</b> Turkey on Wheat, Strawberry-Orange Salad, 4 Bean Salad</p>	<p><b>5. Hot:</b> Braised Pork w/ Warm Cinnamon Apples, Roasted Carrots, Mashed Potatoes, Wheat bread, Chocolate Mousse <b>Cold:</b> Roast Beef on Kaiser, Macaroni Salad, Mandarin Oranges</p>	<p><i>Adopt a Day- Beechwood Care</i> <b>6. Hot:</b> Beef Stew, Brussels Sprouts, Biscuit, Sugar Cookie <b>Cold:</b> Egg and Olive Salad over Spring Mixed Greens, Cucumbers, Crackers, Jell-O</p>	<p><b>7. Hot:</b> Swedish Meatballs over Pasta, Roll, Broccoli, Mixed Veggies, Apple <b>Cold:</b> Tuna Salad over Greens, Tomatoes, Crackers, Tropical Fruit</p>	<p><b>8. <i>The Milton J. Brounshidle Post 205 has adopted today in honor Veteran's Day</i></b> <b>Hot:</b> Veal Parmesan over Penne, California Mix Vegetables, Roll, Blondie <b>Cold:</b> Egg Salad on Rye, Broccoli Slaw, Fruit Cocktail</p>
<p><b>11. NO MEAL DELIVERY</b></p> 	<p><i>Adopt a Day- Erie Niagara Sunrise Exchange Club wishes to thank all Veterans and their families for their service to our Country</i> <b>12. Hot:</b> Sloppy Joe, Hubbard Squash, Roasted Red Potatoes, Burger Roll, Yellow Cake with Chocolate Frosting <b>Cold:</b> Turkey &amp; Swiss on Wheat Chef Salad, Mandarin Oranges</p>	<p><i>An anonymous donor adopted today to recognize the clients on Route 17 &amp; 18 and all clients will enjoy a homemade cookie</i> <b>13. Hot:</b> Roast Beef, Gravy, Cheesy Mashed Potatoes, Carrots, Rye Bread, Cookie <b>Cold:</b> Ham &amp; Cheese, Roll, Cucumber Salad, Peaches</p>	<p><b>14. Hot:</b> Turkey Divan Casserole, Sweet Potato, Green Beans Roll, Fruit Parfait <b>Cold:</b> Chicken Pasta Salad, Crackers, Carrot Sticks, Melon Mix Salad</p>	<p><i>The Sons of the American Legion adopted today to spotlight their Used Clothing Drop Off to support local veterans.</i> <b>15. Hot:</b> Chicken Breast w/ Gravy over Pasta, Peas &amp; Carrots, Broccoli, Brownie, Dinner Roll <b>Cold:</b> Meat Loaf, Roll, Fruit Salad, Nilla Wafers</p>
<p><b>18. Hot:</b> Ham and Scalloped Potato, Peas &amp; Carrots, Warm Pineapple, Roll, Fruit Crisp <b>Cold:</b> Egg Salad over Greens, Pita, Tomatoes, Mandarin Oranges</p>	<p><b>19. Hot:</b> Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Biscuit, Strawberry Jell-O w/fruit <b>Cold:</b> Turkey Rachel Sandwich, Celery and Carrot Sticks, Applesauce</p>	<p><b>20. Fajita Chicken Strips over Rice, Cauliflower/Carrot Mix Green Beans, Roll, Fruit and Yogurt Parfait <b>Cold:</b> Sliced Pork on Brioche, Kale &amp; Cranberry Salad, Nilla Wafers</b></p>	<p><b>21. Hot:</b> Lasagna, with Meat Sauce, California Mixed Vegetables, Chef Salad, Cookie <b>Cold:</b> Parmesan Tuna Salad on Wheat, Cucumber Salad, Pineapple</p>	<p><b>22. Hot:</b> Sausage Chicken Jambalaya over Rice, Squash, Roll, Apricots <b>Cold:</b> Chicken Salad w/ Apple and Grapes over Mixed Greens, Cucumbers and Melon Mix</p>
<p><i>Marlene Prather in memory of her mother Dorothy Jakubczak on the anniversary of her passing</i> <b>25. Hot:</b> Beef Chili con Carne, Brown Rice, Cauliflower/Carrot Mix, Crackers, White Cake with Ch. Frosting <b>Cold:</b> Tuna Salad on Roll, Sweet and Sour Slaw, Tropical Fruit</p>	<p><i>The Langenbach family adopted today in memory of their Aunt Mary</i> <b>26. Hot:</b> Seafood Mac &amp; Cheese, Broccoli, Mixed Veggies, Cookie <b>Cold:</b> Chicken on Multigrain bread, Chef Salad, Mandarin Oranges</p>	<p><b>27. Hot:</b> Chicken Florentine over Penne, California Mix, Salad, Roll, Pumpkin Cake <b>Cold:</b> Roast Beef and Provolone on Roll, Waldorf Salad, Graham Crackers</p>	<p>28.</p> 	<p><b>29. Hot:</b> Meatloaf with Gravy, Mashed Potatoes, Country Cottage Mix, Wheat Bread, Strawberry Bavarian <b>Cold:</b> Ham Salad, Mixed Greens, Pita, Mixed Fruit</p>