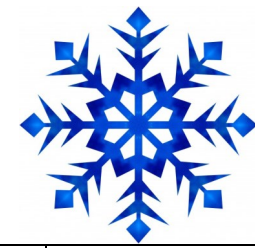





Ken Ton Meals on Wheels Menu

January 2025

Call 716-874-3595 **before 8:00 a.m. with cancellations**



Mon	Tue	Wed	Thu	FRI
<p>MENU ITEMS SUBJECT TO CHANGE!</p> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</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>1. HAPPY NEW YEAR! NO MEAL DELIVERY</p> 	<p><i>Adopt a Day: Brounshilde Post 205 adopted today to commemorate the unveiling of the Grand Union Flag</i></p> <p>2. Hot: Goulash with Mozzarella Cheese, Seasoned Spinach, Broccoli, Italian Bread, Berry Yogurt Parfait Cold: Roast Beef on Roll, Marinated Mixed Veggies, Grapes</p>	<p>3. Hot: Chicken Breast Marsala, Cauliflower, Mixed Vegetables, Brown Rice, Homemade Oatmeal Raisin Cookie Cold: Seafood Pasta Salad, Crackers, Pears</p>
<p>6. Hot: Swedish Meatballs Chef Salad, Carrots, Roll, Tropical Fruit Cold: Southwest Chicken Salad with Taco Chips, Pears</p>	<p>7. Hot: Honey Glazed Chicken Bites, Lima Bean Bake, Sweet Potatoes, Roll, Mandarin Orange and Pineapple Mix Cold: Ham & Swiss Wrap, 3 Bean Salad, Fruit Cocktail</p>	<p><i>Adopt a Day: Beechwood Continuing Care</i></p> <p>8. Hot: Beef Tips with Gravy over Rice, Cauliflower, Green Beans, Cookie Cold: Tuna Mediterranean Salad, Crackers, Grapes</p>	<p>9. Hot: Philly Mac and Cheese, Wax Beans, Spinach, Pineapple Cold: Beef & Blue Cheese, Salad, Roll, Mandarin Oranges</p>	<p>10. Hot: Ham Steak with Scalloped Potatoes, Peas & Carrots, Roll, Peach Crisp Cold: Chicken Pasta, Crackers, Carrots, Fruited Gelatin</p>
<p>13. Hot: Turkey, Gravy, Sweet Potatoes, Carrots, Roll, Sugar Cookie Cold: Pub Salad over Greens, Roll and Mandarin Oranges</p>	<p>14. Hot: Salisbury Steak, Onion, Gravy, Mashed Potatoes, Broccoli Carrot Mix, Roll Apple Crisp Cold: Julienne Salad, Crackers, Tropical Fruit</p>	<p>15. Hot: Taco Casserole with Sour Cream, Mixed Vegetables, Tortilla Chips, Cookie Cold: Ham & Cheese, Roll, Coleslaw, Pears</p>	<p>16. Hot: Penne Pasta with Meatballs and Sauce, County Cottage Mix, Chef Salad, Roll, Ambrosia Cold: Chicken Salad, Crackers, Sliced Tomato, Peaches</p>	<p>17. Hot: Chicken Florentine over Pasta, Roasted Italian Veggies, Roll, Cantaloupe Cold: Egg Salad over Greens, Roll, Peaches</p>
<p>20. No Meal Delivery</p> 	<p>21. Hot: Roasted Pork Loin with Gravy Sweet Potato, Collard Greens, Stuffing, Applesauce Cold: Tuna Salad over Greens, Crackers, Mandarin Oranges</p>	<p>22. Hot: Battered Fish with Lemon & Tartar, Red Potatoes, Zucchini, Roll, Melon Salad Cold: Roast Beef on Rye, Garden Salad, Nilla Wafers</p>	<p><i>Joe and Kathy Curatolo Family Foundation adopted today to wish everyone a Happy New Year!</i></p> <p>23. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas, Sweet Potatoes, Roll, Apple Cobbler Cold: Ham Salad, Roll, Pineapple Slaw, Jell-O</p>	<p>24. Hot: Seasoned Beef Strips over Rice, Oriental Vegetables, Carrots, Apricots, Roll Cold: Greek Chicken Salad, Carrots Sticks, Pita and Berry Muffin Square.</p>
<p><i>Anonymous donor adopted today to celebrate our clients and volunteers on Routes 1 & 2</i></p> <p>27. Hot: Cheeseburger Pie, Red Potatoes with Peppers, Cottage Mix, Brownie Cold: Turkey on Marble Rye, Four Bean Salad, Lemon Bavarian</p>	<p>28. Hot: Cheesy BBQ Chicken with Sauteed Onion and Bacon, Broccoli Rice, Bermuda Blend, Roll, Pineapple Cold: Cold Meat Loaf on a Roll, Fruit Salad, Pudding</p>	<p>29. Hot: Pork with Gravy, Scalloped Potatoes, California Blend, Roll, Peach Cobbler Cold: Chicken Pasta Salad, Crackers, Mandarin Oranges, Cake</p>	<p>30. Hot: Chicken Pot Pie, Mashed Potatoes, Peas and Pearl Onions, Wheat Bread, Berry Compote Cold: Seafood Salad, Egg, Roll, Tomato Wedges, Chocolate Mint Cookie</p>	<p>31. Hot: Lasagna, with Meat Sauce, Bermuda Blend, Vegetables, Chef Salad, Apple Cold: Egg Salad on Wheat, Cucumbers Salad, Cinnamon Pears</p>