




Ken Ton Meals on Wheels Menu

March 2025



Mon	Tue	Wed	Thu	FRI
<p>3. Hot: Beef Chili, Brown Rice, Broccoli & Carrot Mix, Crackers, Apple Cold: Tuna Salad on Roll, Sweet and Sour Slaw, Grapes</p>	<p>SHROVE TUESDAY 4. Hot: Scrambled Eggs, Sausage, Red Potatoes, Pancakes, Fruit Compote Cold: Turkey and Swiss Salad, Macaroni Salad, Mandarin Oranges</p>	<p>ASH WEDNESDAY <i>Adopt A Day Beechwood Continuing Care</i> 5. Hot: Baked Cod w/ Mango Salsa, Rice Pilaf, Broccoli, Cornbread <u>Cake</u> Cold: Chicken Cranberry Salad over Greens, Roll, Pineapple</p>	<p>6. Hot: Chicken Florentine over Penne, Mixed Vegetable, Chef Salad, Fruit Parfait Cold: Roast Beef and Provolone on Roll, Waldorf Salad, Nilla Wafers</p>	<p><i>Zonta Club of Kenmore adopted today in honor of International Women's Day</i> 7. Hot: Cheesy Lasagna, Spinach, Cauliflower, <u>Chocolate Chip Cookie</u> Cold: Salmon Caesar Salad, Cracker, Mixed Fruit</p>
<p>10. Hot: Potato Kielbasa and Chicken Skillet, Carrots, Green Beans, Roll, Fruit Crisp Cold: Turkey on Multigrain, Vegetable Salad, Applesauce</p>	<p>11. Hot: Steakette Burger w/ Mushroom Gravy, Mashed Potatoes, Mixed Veggie, Rye Bread, Apricots Cold: Chicken Club Pasta, Crackers, Spinach w/ Diced Tomato, Mandarin Oranges</p>	<p>12. Manicotti w/ Red Sauce, California Blend Vegetables, Wax Beans, Roll, Fruit & Yogurt Cold: Mediterranean Tuna Salad, Crackers, Grapes</p>	<p><i>The Scive family adopted today in honor of all volunteers</i> 13. Hot: Roast Turkey w/ Gravy, Sweet Potato, Peas, Stuffing, <u>White Cake with Chocolate Frosting</u> Cold: Julianne Salad, Crackers, Pears</p>	<p><i>Adopt A Day Brounschidle Post #205 celebrating the Founding of the American Legion</i> 14. Hot: Mac & Cheese, Oriental Blend, Broccoli, <u>Cookie</u> Cold: Veggie Hummus Wrap, Sweet and Sour Slaw, Peaches</p>
<p><i>Adopt A Day from an Anonymous Donor to celebrate St. Patrick's Day.</i> 17 Hot: Cheese Ravioli, Meat Sauce, Peas, Squash with Peppers and Carrots, Bread, <u>St Patties Parfait</u> Cold: Cold Meat Loaf on Brioche Roll, Broccoli Tomato Salad, Cinnamon Pears</p>	<p>18. Hot: Chicken Cordon Bleu, Orange Glazed Carrots, Broccoli, Rice, <u>Marble Cake</u> Cold: Salad Sampler Pita, Marinated Beet and Onion Salad, Pita, Jello</p>	<p>19. Hot: Corned Beef, Cabbage, Rye Bread, Carrots, Boiled Potatoes, Shamrock Cookie Cold: Ham and Swiss, Roll, Chef Salad, Pineapple</p>	<p><i>Kathy & Joe Curatolo Foundation Adopted today</i> 20. Hot: Chicken and Waffles, Red Potatoes, Warm Apples & Apricots, <u>Cheesecake</u> Cold: Tortellini Salad, Crackers, Mandarin Oranges</p>	<p>21. Hot: Beer Battered Fish, Coleslaw, Peas & Carrots, Roll, Fruit and Yogurt Cold: Seafood Pasta Salad w/ Egg, Pears, Crackers</p>
<p>24. Hot: Beef Pepper Steak Casserole, Broccoli & Carrots, Zucchini, Rice, Roll, Cherry Parfait Cold: Ham & Swiss on Rye, Macaroni Salad, Mandarin Oranges</p>	<p>25. Hot: BBQ Chicken with Bacon and Cheese, Rice Pilaf, Broccoli, Roll, Applesauce Cold: Egg Salad on Wheat, Broccoli Slaw, Tropical Fruit</p>	<p>26. Hot: Turkey A La King, Mashed Potato County Cottage Mixed Vegetables, Roll, Ginger Cookie Cold: Chicken Salad on Wheat, Tomato and Cucumber Salad, Grapes</p>	<p>27. Hot: Goulash with Mozzarella Cheese, Seasoned Spinach, Bermuda Bread, Strawberry Yogurt Parfait Cold: Roast Beef on Roll, Carrot & Raisin Salad, Cinnamon Pears</p>	<p><i>Adopt A Day Anonymous donor in honor of Route 5 & 6</i> 28. Hot: Italian Haddock w/ Bruschetta Topping, Cauliflower, Mixed Vegetables, Brown Rice, Roll, <u>Cookie</u> Cold: Tuna Salad over greens, Crackers, Peaches</p>
<p>31. Hot: Swedish Meatballs over Pasta, Vegetable Medley, Zucchini, Roll, Tropical Fruit Cold: Southwest Chicken Salad over Greens, with Taco Chips, Apple</p>	<p style="text-align: center;">MENU ITEMS SUBJECT TO CHANGE!</p> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</p>	<p style="text-align: center;">Call 716-874-3595 before 8:00 a.m. with cancellations</p>		<p style="text-align: center;">FOOD ALLERGY NOTICE</p> <p>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 style="text-align: center;">If you have a food allergy or special dietary requirements,</p>