




Ken Ton Meals on Wheels Menu

April 2025



| Mon | Tue | Wed | Thu | FRI |
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| <p>MENU ITEMS SUBJECT TO CHANGE!</p> <p>Hot Meal \$5.50 Hot & Cold Meal \$8.25 Hot, Cold & Breakfast \$9.50</p> | <p><i>Adopt a Day- Hometown Helpers adopted today to let our clients know all they offer to help our Seniors live independently</i></p> <p>1. Hot: Honey Glazed Chicken, Lima Bean Bake, Sweet Potatoes, Roll, <u>Chocolate Cake with Vanilla Frosting</u> Cold: Ham & Swiss Wrap, 3 Bean Salad, Fruit Cocktail</p> | <p><i>Adopt a Day- Beechwood Care</i></p> <p>2. Hot: Beef Stroganoff over Rice, Cauliflower, Green Beans, <u>Peanut Butter Cookie</u> Cold: Tuna Mediterranean Salad, Crackers, Grapes</p> | <p>3. Hot: Ham Steak with Pineapple, Scalloped Potatoes, Broccoli & Carrots, Roll, Fruit Crisp Cold: Chicken Pasta, Roll, Carrot Sticks, Fruited Gelatin</p> | <p><i>Adopt a Day-Brounshidle Post commemorating the American Entry into WW1</i></p> <p>4.Hot: Garlic and Spinach Shrimp over Pasta, Wax Beans, Roasted Italian Veggies, Roll, <u>Gingerbread Cake</u> Cold: Egg Salad over Greens, Roll, Mandarin Oranges</p> |
| <p>7. Hot: Turkey, Gravy, Mashed Potatoes, Carrots, Roll, Apple Crisp Cold: Pub Salad over Greens, Crackers and Fruit Cocktail</p> | <p>8. Hot: Salisbury Steak, Onion Gravy, Mashed Potatoes, Classic Mix Veggies, Roll, Cookie Cold: Roast Beef & Cheese on Roll, Macaroni Salad, Apricots</p> | <p>9. Hot: Pulled Pork Sandwich Baked Beans, Sweet & Sour Cole Slaw, Warm Apples Cold: Tortellini Salad, Crackers, Mandarin Oranges</p> | <p>10. Hot: Penne Pasta with Meatballs and Sauce, County Cottage Mix, Cauliflower, Roll, Ambrosia Cold: Chicken Caesar Wrap, Crackers, Sliced Tomato, Peaches</p> | <p>11. Hot: Shrimp Taco Salad, Rice Pilaf, Broccoli, Vanilla Pudding Cold: Tuna Sandwich on Roll, Chef Salad, Tropical Fruit</p> |
| <p><i>Adopt A Day Anonymous donor in honor of Route 7 & 8</i></p> <p>14. Hot: Cheeseburger Pie, Red Potatoes, California Mix Veggies, <u>Pudding Parfait</u> Cold: Turkey on Rye, Chef Salad, Vanilla Wafers</p> | <p>15. Hot: Tomato Basil Mac and Cheese, Cauliflower, Spinach, Roll, Pineapple Cold: Beef & Blue Cheese Salad, Pita, Mandarin Oranges</p> | <p>16. Hot: Chicken Biscuit Pie, Broccoli, Warm Apples Cold: Ham & Swiss on Wheat, Creamy Carrot Salad, Strawberry Bavarian</p> | <p><i>Kathy & Joe Curatolo Family Foundation Adopted today</i></p> <p>17. Hot: Ham Steak and Pineapple with Sweet Potatoes, French Green Beans, Roll, <u>Chocolate Chip Cookie</u> Cold: Cranberry Chicken Salad, Roll, Tomato Wedges, Pears</p> | <p>18. No Meal Delivery, Good Friday</p>  |
| <p>21. Hot: Breaded Pork Chop, Gravy, Lazy Pierogi, California Mixed Vegetables, Roll, Peach Bavarian Cold: Salmon Caesar Salad, Hard Boiled Egg, Crackers, Pears</p> | <p>22. Hot: Rigatoni with Italian Sausage, Cauliflower, Mixed Vegetable, Berry Shortcake Cold: Veggie Hummus Wrap, Macaroni Salad, Fresh Fruit</p> | <p>23. Hot: Battered Fish, Zucchini Medley with Peppers, Red Potatoes, Roll, Melon Salad Cold: Roast Beef on Rye, Garden Salad, Homemade Cookie</p> | <p>24. Hot: Boneless Chicken Breast w/ Gravy, Noodles, Peas, Sweet Potatoes, Roll, Apple Cobbler Cold: Ham Salad, Roll, Pineapple Slaw, Jell-O</p> | <p>25. Hot: Beef Strips over Rice, Oriental Vegetables, Carrots, Roll, Apricots, Cold: Greek Chicken Salad, Crackers, Peaches</p> |
| <p>28. Hot: Meat Loaf w/ Gravy, Mashed Potatoes, Mixed Vegetables, Biscuit, Strawberry Jell-O w/fruit Cold: Turkey Rachel Sandwich, Celery and Carrot Sticks, Applesauce</p> | <p>29. Hot: Pork Loin with Gravy, Sweet Potatoes, California Mix, Roll, Pineapple Cold: Chicken Salad over Greens, Tomatoes, Mandarin Oranges and Crackers</p> | <p>30. Hot: Alfredo Chicken Spinach Lasagna, Chef Salad, Broccoli, Roll, Peaches Cold: Meat Loaf, Roll, Fruit Salad, Pudding</p> | <p>Call 716-874-3595 before 8:00 a.m. with cancellations</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, please call our office for more information</p> |