

Ken-Ton Meals on Wheels Menu ~ September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><i>1 <u>Hot Meal</u></i> — Open-faced turkey sandwich with mashed potatoes & green beans</p> <p><i><u>Cold Meal</u></i> — Tuna salad and sliced apples</p>	<p><i>2 <u>Hot Meal</u></i> — Turkey burger with sweet potatoes and snap peas</p> <p><i><u>Cold Meal</u></i> — Baker Beach Salad with crackers</p>	<p><i>3 <u>Hot Meal</u></i> — Baked tilapia with carrots and au gratin potatoes</p> <p><i><u>Cold Meal</u></i> — Sliced turkey & broccoli/tomato salad</p>
<p>6</p> <p><u>CLOSED FOR LABOR DAY</u> <u>NO DELIVERIES</u></p>	<p><i>7 <u>Hot Meal</u></i> — Ham loaf with fruit compote & potato salad</p> <p><i><u>Cold Meal</u></i> — Sliced turkey and oranges</p>	<p><i>8 <u>Hot Meal</u></i> — Stuffed Cabbage with whipped potatoes and pickled beets</p> <p><i><u>Cold Meal</u></i> — PB & J and fruit cocktail</p>	<p><i>9 <u>Hot Meal</u></i> — Pot roasted beef with whipped potatoes and peas</p> <p><i><u>Cold Meal</u></i> — Chef salad w/ eggs and peaches</p>	<p><i>10 <u>Hot Meal</u></i> — Cook's Choice w/vegetables du jour</p> <p><i><u>Cold Meal</u></i> — Rice & beef wrap w/snack chips</p>
<p><i>13 <u>Hot Meal</u></i> — Chicken nuggets w/green beans & tater tots</p> <p><i><u>Cold Meal</u></i> — Tuna filet and olive salad</p>	<p><i>14 <u>Hot Meal</u></i> — Baked chicken breast w/pesto salad & Brussels sprouts</p> <p><i><u>Cold Meal</u></i> — Ham salad and peaches</p>	<p><i>15 <u>Hot Meal</u></i> — Shepard's Pie w/corn & spiced pears</p> <p><i><u>Cold Meal</u></i> — Tortellini salad and apricots</p>	<p><i>16 <u>Hot Meal</u></i> — Loaded baked potato w/hot spiced apples</p> <p><i><u>Cold Meal</u></i> — Chicken Caesar salad and melon</p>	<p><i>17 <u>Hot Meal</u></i> — Baked ham w/red-skinned potatoes and cabbage</p> <p><i><u>Cold Meal</u></i> — Roast beef with lettuce & tomato</p>
<p><i>20 <u>Hot Meal</u></i> — Rotini w/ricotta, Italian veggie sauce, peaches</p> <p><i><u>Cold Meal</u></i> — Tuna salad and fruit cocktail</p>	<p><i>21 <u>Hot Meal</u></i> — Roast turkey w/sweet potatoes & garden veggies</p> <p><i><u>Cold Meal</u></i> — Egg & bacon salad and bananas</p>	<p><i>22 <u>Hot Meal</u></i> — Salisbury steak w/whipped potatoes and gr. bean casserole</p> <p><i><u>Cold Meal</u></i> — Turkey slices & veggies</p>	<p><i>23 <u>Hot Meal</u></i> — Lemon chicken w/rice and asparagus</p> <p><i><u>Cold Meal</u></i> — Tropical spinach salad w/bagel</p>	<p><i>24 <u>Hot Meal</u></i> — Fish and shrimp w/tater tots and Harvard beets</p> <p><i><u>Cold Meal</u></i> — Meatloaf and macaroni salad</p>
<p><i>27 <u>Hot Meal</u></i> — Beef and bean casserole w/carrots and compote pommes</p> <p><i><u>Cold Meal</u></i> — Low-salt cold cuts & Italian bean salad</p>	<p><i>28 <u>Hot Meal</u></i> — Baked chicken leg w/rice and spinach</p> <p><i><u>Cold Meal</u></i> — Garden cottage cheese w/cantaloupe</p>	<p><i>29 <u>Hot Meal</u></i> — Lasagna roll-up w/meat sauce & broccoli</p> <p><i><u>Cold Meal</u></i> — Beef and veggie salad w/pickles</p>	<p><i>30 <u>Hot Meal</u></i> — Beef stew w/potatoes & applesauce</p> <p><i><u>Cold Meal</u></i> — Pasta salad Nicoise w/pears</p>	<p>~ Menu subject to change ~</p>

Cancellations may be made by calling the office at 874-3595 no later than 9:30 a.m. on the day of the cancellation.

You may call and leave a message on our voicemail after office hours which are Monday through Friday from 8 a.m. until 2 p.m.