

September 2026

Mon	Tue	Wed	Thu	Fri
All menu items are subject to change based on availability. PACS Milk/Coffee/Tea/Water available each day.				Pennyrile Senior Games September 21-23!!
	1 Navy Bean Soup Collard Greens Cornbread Margarine Tropical Fruit Salad Chocolate Chip Cookie Milk	2 Meatloaf Mashed Potatoes Green Peas Whole Grain Roll Vanilla Pudding Milk	3 Pizza Casserole Broccoli Whole Grain Breadstick Margarine Banana Milk	4 Pork Chop Green Beans Sweet Potatoes Cornbread Margarine Apple Slices Chocolate Pudding Milk
7 	8 Beef Macaroni Casserole Corn Whole Grain Roll Orange Milk	9 Herb Marinated Chicken Breast Sweet Potato Broccoli and Cheese Whole Grain Roll Margarine Vanilla Pudding Applesauce Milk	10 BBQ Pork Chop Au Gratin Potatoes Green Peas Whole Grain Roll Margarine Fried Apples Milk	11 Cheese Burger Deluxe Creamy Cole Slaw Sweet Potato Fries Diced Pears Milk
14 Pinto Beans Seasoned Greens Cornbread Margarine Mandarin Oranges Milk	15 Fish Sandwich Creamy Cole Slaw Brown Sugar Glazed Carrots Mixed Fruit Milk	16 Hamburger Steak Mashed Potatoes Succotash Whole Grain Roll Clementine Milk	17 Grilled Chicken Sandwich Zucchini & Squash Maple Granola Crusted Sweet Potatoes Peanut Butter Brownies Milk	18 Breaded Pork Chop Pepper Sausage Gravy Mashed Potatoes Steamed Cabbage Whole Grain Roll Margarine Ambrosia Salad Milk
21 Salisbury Steak Mashed Potatoes Creamed Peas Whole Grain Roll Margarine Oatmeal Cream Cookie Milk	22 Roast Turkey Baked Potato Brown Sugar Glazed Carrots Whole Grain Roll Margarine Berry Applesauce Milk	23 Spaghetti Meat Sauce Bowtie Pasta Broccoli & Cauliflower Whole Grain Breadstick Red Grapes Chocolate Chip Cookie Milk	24 Chicken Cordon Bleu California Vegetable Blend Whipped Sweet Potatoes Whole Grain Roll Margarine Banana Milk	25 Herbed Pork Loin Scalloped Potatoes Lima Beans Whole Grain Roll Ambrosia Salad Milk
28 Chunky Vegetable Soup Grilled Chicken Salad French Dressing Whole Grain Roll Margarine Oatmeal Cream Cookie Milk	29 Chicken Alfredo Broccoli Whole Grain Breadstick Margarine Pineapple Chunks Milk	30 Turkey & Stuffing Casserole Mashed Potatoes Green Beans Whole Grain Roll Mixed Fruit Milk		This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, & Trigg Counties