

# JULY 2024

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
1 Italian Baked Chicken Breast Parmesan Noodles Green Beans Whole Grain Roll Banana Milk	2 Baked Spaghetti Broccoli Corn Garlic Breadstick Applesauce Milk	3 Chicken Cordon Bleu Zucchini & Summer Squash Garlic Mashed Potatoes Whole Grain Roll Strawberry Cream Cheese Brownie Milk	4 	5 Tuna Salad Sandwich Lettuce & Tomato Corn Chowder Whole Wheat Crackers Fresh Orange Milk
8 Fish Sandwich Green Beans Creamy Cole Slaw Cantaloupe & Honeydew Milk	9 Baked Chicken Brown Rice Broccoli and Cheese Whole Grain Roll Margarine Mixed Fruit Chocolate Milk	10 Meatloaf Garlic Mashed Potatoes Green Peas Whole Grain Roll Margarine Chilled Peaches Milk	11 Grilled Chicken Salad Italian Dressing Cottage Cheese & Peaches Whole Grain Roll Chocolate Chip Cookie Milk	12 Breaded Pork Chop Cooked Cabbage Mashed Potatoes w/ gravy Whole Grain Roll Fried Apples Milk
15 Chicken Tenders Broccoli and Cheese Mashed Potatoes Whole Grain Roll Orange-Pineapple Gelatin Milk	16 Beef Taco Salad Pinto Beans Tropical Fruit Salad Chocolate Milk	17 Roast Turkey Baked Potato Margarine/Sour Cream Carrots Whole Grain Roll Diced Pears Milk	18 Salmon Patty California Vegetable Blend Oven Browned Potatoes Whole Grain Roll Fresh Fruit Cup Chocolate Milk	19 Cheese Burger Deluxe Baked Beans Cooked Cabbage Chilled Peaches Milk
22 Turkey Sandwich Tomato Soup Broccoli Raisin Salad Colby Jack Cheese Stick Citrus Fruit Salad Milk	23 Meatloaf Mashed Potatoes Green Peas Whole Grain Roll Margarine Fresh Orange Chocolate Milk	24 Herbed Pork Loin Carrots Au Gratin Potatoes Whole Grain Roll Margarine Diced Pears Chocolate Milk	25 Chicken Alfredo w/ Penne Pasta California Vegetable Blend Whole Grain Roll Applesauce Sugar Cookie	26 Breaded Chicken Sandwich Cooked Cabbage Whipped Sweet Potatoes Fruited Gelatin Milk
29 Cornmeal Crusted Pollock Baked Potato Margarine/Sour Cream Broccoli Diced Pears Milk	30 BBQ Chicken Breast Whipped Sweet Potatoes Collard Greens Whole Grain Roll Margarine Pineapple Chunks Milk	31 Pork with Kraut California Vegetable Blend Mashed Potatoes Whole Grain Roll Ambrosia Milk		
All menu items are subject to change based on availability. <b>PACS</b> Milk/Coffee/Tea/Water available each day				This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties