

September 2021

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 27-29!!
				
This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties		1 Southwest Pork Roast Baked Sweet Potato Peas & Pearl Onions Corn Bread Apple Crisp Margarine	2 Chicken & Dumplings Buttered Broccoli Buttered Carrots Corn Bread Baked Apples/Raisins	3 Chili, Hot Dog, Bun Marconi & Cheese Applesauce Ambrosia Fruit Salad Crackers
6 	7 Meat Balls Brown Gravy Mashed Potatoes Black-eyed Peas Whole Grain Biscuit Pears	8 Tomato Chicken Parmesan Noodles Cucumber Salad Whole Wheat Roll Peach Cobbler	9 Ham & Bean Soup Hot Spiced Beets Buttered Spinach Pear Crisp Corn Bread	10 Baked Spaghetti Broccoli Salad Mandarin Oranges Garlic Breadstick
13 BBQ Chicken Macaroni & Cheese Green Bean Casserole Wheat Bun Baked Apples/Raisins	14 Meat Loaf Mashed Potatoes Seasoned Cabbage Peach Crisp Wheat Roll	15 Mexican Lasagna Buttered Broccoli Garlic Breadstick Jell-O Cake	16 Chicken Pot Pie Twice Baked Potato Green Beans Dreamsicle Gelatin Wheat Bread	17 Baked Catfish Navy Beans Cole Slaw Ambrosia Fruit Salad Corn Bread Margarine
20 Franks/Sauerkraut Mashed Potatoes Black-eyed Peas Peach Cobbler Corn Bread Margarine	21 Spaghetti/Meat Sauce Broccoli Salad Garlic Breadstick Apple Crisp	22 Hot Turkey Sandwich Mashed Potatoes Giblet Gravy Buttered Spinach Tropical Fruit	23 Hash Brown Ham Casserole Lima Beans Wheat Roll Ambrosia Salad	24 Oven Fried Chicken New Buttered Potatoes Buttered Broccoli Wheat Roll Pears
27 Breaded Pollock Pinto Beans Cole Slaw Corn Bread Vanilla Pudding	28 Chicken Parmesan Baked Potato Margarine Sour Cream Broccoli Casserole Pineapple Delight	29 BBQ Pork/Wheat Bun Au Gratin Potatoes Cucumber Salad Oatmeal Raisin Cookie	30 Beef Pot Roast Mashed Potatoes Brown Gravy Squash Casserole Wheat Roll Peach Cobbler	