



October 2024



Mon

Tues

Wed

Thu

Fri

This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties.

Pennyrile Allied Community Services

Making a difference in Kentucky



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 Baked Potato Soup Grilled Chicken Salad with French Dressing Whole Grain Roll Orange Cream Bars Milk	2 Penne Pasta with Spaghetti Meat Sauce Broccoli Whole Grain Breadstick Margarine Pineapple Chunks Milk	3 Oven Fried Chicken Stewed Tomatoes Scalloped Hash Brown Potatoes Whole Grain Roll Margarine Diced Pears Peanut Butter Cookie Milk	4 Turkey & Stuffing Casserole Green Beans Mashed Potatoes Wheat Bread Mixed Fruit Milk
7 Navy Bean Soup Collard Greens Cornbread Margarine Tropical Fruit Salad Chocolate Chip Cookie Milk	8 Meatloaf Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Milk	9 Pork Chop Green Beans Sweet Potatoes Cornbread Margarine Apple Slices Chocolate Pudding Milk	10 Marinara Meat Sauce with Penne Pasta Broccoli Whole Grain Breadstick Margarine Banana Milk	11 Grilled Chicken Breast Sandwich Lettuce/Tomato Broccoli & Cheese Red Bliss Potatoes Red Grapes Chocolate Chip Cookie Milk
14 Herb Marinated Chicken Breast Sweet Potatoes Broccoli & Cauliflower Whole Grain Roll Margarine Vanilla Pudding Milk	15 Old Fashioned Vegetable Beef Soup Oyster Crackers House Salad with Fat Free Ranch Dressing Banana Graham Crackers Milk	16 Potato Crunch Fish Fillet Scalloped Potatoes Carrots Whole Grain Roll Margarine Fruit Cocktail Milk	17 Cabbage Roll Stuffed with Sauce Mashed Potatoes Carrots Whole Grain Roll Margarine Mixed Fruit Milk	18 Cheese Burger Deluxe Potato Wedges Green Peas Tropical Fruit Salad Milk
21 Pinto Beans Seasoned Greens Cornbread Margarine Mandarin Oranges Milk	22 Fish Sandwich Oven Browned Potatoes Creamy Cole Slaw Mixed Fruit Milk	23 Hamburger Steak Mashed Potatoes Succotash Whole Grain Roll Fresh Clementine Mandarin Milk	24 Grilled Chicken Sandwich Oven Browned Potatoes Zucchini & Summer Squash Black Forest Brownie Milk	25 Pot Roast Mashed Potatoes Green Beans Wheat Bread Margarine Ambrosia Salad Milk
28 Goulash Carrots Whole Grain Breadstick Margarine Diced Pears Milk	29 Cornbread Stuffed Pork Chop Green Beans and Tomatoes Beets Whole Grain Roll Margarine Fresh Clementine Mandarin Milk	30 Baked Spaghetti California Vegetable Blend Whole Grain Breadstick Red Grapes Chocolate Chip Cookie Milk	31 Chicken & Vegetable Stir Fry Brown Rice Broccoli Whole Grain Roll Margarine Mandarin Oranges Graham Crackers Milk	All menu items are subject to change based on availability. PACS 