

September 2022

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 26-28!!
				
This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties			1 Sauerkraut w/ Franks Mashed Potatoes Black Eyed Peas Cornbread Peach Cobbler	2 Oven Fried Chicken New Buttered Potatoes Buttered Broccoli Wheat Roll Pears
5 	6 Tomato Chicken Parmesan/Noodles Cucumber Salad Wheat Roll Peach Cobbler	7 Ham & Bean Soup Hot Spiced Beets Buttered Spinach Cornbread Pear Crisp	8 Meatballs/Gravy Mashed Potatoes Black Eyed Peas Biscuit Pears	9 Baked Spaghetti Broccoli Salad Garlic Bread Stick Mandarin Oranges
12 Beef Stew Brown Rice Cole Slaw Cornbread Pineapple Delight Margarine	13 BBQ Pork/Bun Au Gratin Potatoes Cucumber Salad Oatmeal Raisin Cookie	14 Chicken Parmesan Baked Potato Sour Cream/Margarine Broccoli Casserole Pineapple Delight	15 Beef Pot Roast/Gravy Mashed Potatoes Squash Casserole Roll Peach Cobbler	16 Fish Pollock Pinto Beans Cole Slaw Cornbread Vanilla Pudding
19 Chimichanga/Sauce Refried Beans Corn Salad Fruit Cocktail	20 Pulled Pork w/ Gravy Mashed Potatoes Peas & Carrots Cornbread Pineapple Delight	21 Beef Stroganoff/Noodles Cucumber Salad Roll Banana Pudding	22 Sloppy Joe/Bun Hash Brown Casserole Baked Pork & Beans Baked Apples/Raisins	23 Italian Chicken Breast Mashed Potatoes/Gravy Peas & Carrots Banana Pudding Biscuit
26 Chili Dog w/ Onions Bun Macaroni & Cheese Applesauce Ambrosia Fruit Salad Crackers	27 Southwest Pork Roast Baked Sweet Potato Peas & Pearl Onions Cornbread Apple Crisp Margarine	28 Chicken & Dumplings Buttered Broccoli Buttered Carrots Baked Apples/Raisins Cornbread Margarine	29 Hamburger/Bun Lettuce/Tomato/Onion Baked Pork & Beans Baked Potato Butter/Sour Cream Mandarin Oranges	30 Baked Potato Soup Chicken Drumstick Seasoned Peas Cornbread Pear Crisp