

January 2025

Mon	Tue	Wed	Thu	Fri
		1 	2 Roast Turkey Scalloped Potatoes Lima Beans Whole Grain Roll Margarine Mixed Fruit Milk	3 Baked Chicken Succotash Macaroni & Cheese Whole Grain Roll Margarine Red Grapes Chocolate Chip Cookie Milk
6 Egg Patty Oatmeal Biscuit and Gravy Vanilla Yogurt Banana Milk	7 Chili with Beans Baked Potato Butter/Sour Cream Saltines Clementine Milk	8 Breaded Pork Chop Cooked Cabbage Black Eyed Peas Whole Grain Roll Fried Apples Milk	9 Chicken Rice Casserole Broccoli Whole Grain Roll Margarine Cinnamon Applesauce Milk	10 Sloppy Joe Creamy Cole Slaw Green Beans Banana Milk
13 Fish Sticks Scalloped Potatoes Brussel Sprouts Whole Grain Roll Margarine Peaches Milk	14 Pork Chop with Mushroom Gravy Macaroni & Tomatoes Mashed Potatoes Whole Grain Roll Margarine Applesauce Milk	15 Pork with Kraut Mashed Potatoes Green Peas Whole Grain Roll Margarine Black Forest Brownie Milk	16 Oven Fried Chicken Baked Sweet Potato Green Beans Whole Grain Roll Margarine Vanilla Pudding Milk	17 Cheeseburger Deluxe Potato Wedges Baked Beans Red Grapes Milk
20 	21 Bean with Ham Soup Seasoned Greens Cornbread Margarine Apple Slices Peanut Butter V8 Vegetable Juice Milk	22 Salisbury Steak Green Peas Mashed Potatoes Whole Grain Roll Margarine Chocolate Chip Cookie Red Grapes Milk	23 Orange Glazed Chicken Brown Rice Stir Fry Vegetable Blend Apple Crisp V8 Vegetable Juice Milk	24 Turkey & Stuffing Cas- serole Green Beans Mashed Potatoes Whole Grain Roll Peaches Chocolate Pudding Milk
27 Fish Sandwich Broccoli & Cauli- flower Scalloped Potatoes Applesauce Milk	28 Beef Taco Salad Mexican Brown Rice Orange Milk	29 Chicken and Dumplings Carrots Whole Grain Roll Margarine Chocolate Pudding Mixed Fruit Milk	30 Breaded Pork Chop Mashed Potatoes Lima Beans Whole Grain Roll Margarine Peaches Milk	31 Pasta with Spaghetti Meat Sauce Tossed Salad Italian Dressing Whole Grain Bread- stick Pineapple Chunks Milk

This menu is available in all 9 PACS Senior Centers - Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties

Pennyrile Allied Community Services

Making a difference in Kentucky



All menu items are subject to change based on availability.
PACS

