



March 2024



Mon

Tue

Wed

Thu

Fri

These menus are available in all 9 PACS Senior Centers. We serve Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties.



1
Fajita Pie
Corn
Pinto Beans
Applesauce
Chocolate Pudding
Milk

4
BBQ Chicken Breast
Roasted Red Potatoes
Green Beans
Whole Wheat Roll
Diced Pears
Milk

5
Meatloaf
Mashed Potatoes
Green Peas
Whole Wheat Roll
Margarine
Red Grapes
Milk

6
Chicken Salad Sandwich on Croissant
Baked Potatoes Chips
Creamy Coleslaw
Mixed Fruit
Milk

7
Breaded Pork Chop
White Pepper Gravy
Collard Greens
Mashed Potatoes
Whole Wheat Roll
Apple Slices
Milk

8
Scrambled Eggs
Hashbrown Potatoes
Southern Style Biscuit
Strawberry Yogurt
Orange
Milk

11
Honey Glazed Pork Chop
Whipped Sweet Potatoes
Broccoli and Cheese
Whole Wheat Roll
Apple Cobbler Cake
Milk

12
Oven Fried Chicken
Mashed Potatoes
Green Beans
Whole Wheat Roll
Margarine
Chocolate Pudding
Milk

13
Cheese Burger Deluxe
Spinach Salad with French Dressing
Lima Beans
Diced Pears
Milk

14
Potato Crunch Fish Fillet
Scalloped Potatoes
Green Peas
Whole Wheat Roll
Fried Apples
Milk

15
Bean and Ham Soup
Cooked Cabbage
Cornbread
Margarine
Red Grapes
Chocolate Chip Cookie
Milk

18
Chicken Rice Casserole
Carrots
Spinach Salad with Italian Dressing
Whole Wheat Roll
Mandarin Oranges
Milk

19
Chicken Tenders
Garden Seasoned Broccoli
Mashed Potatoes
Whole Wheat Roll
Margarine
Banana
Milk

20
Breaded Fish
Corn
Creamed Peas
Whole Wheat Roll
Mixed Fruit
Milk

21
Honey Glazed Pork Chop
Whipped Sweet Potatoes
Brussel Sprouts
Whole Wheat Roll
Margarine
Chocolate Chip Cookie
Milk

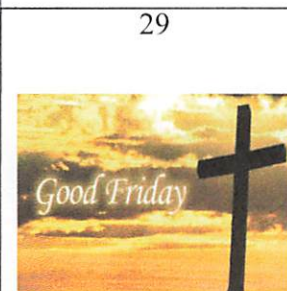
22
Turkey Sausage Link
Egg Patty
Hashbrown Cubes
Wheat Bread
Margarine
Diced Pears
V8 Vegetable Juice
Milk

25
Tuna Salad Sandwich
Chunky Vegetable Soup
Oyster Crackers
Baby Carrots
Diced Pears
Milk

26
Baked Chicken
Whipped Sweet Potatoes
Zucchini Squash
Whole Wheat Roll
Margarine
Chocolate Pudding
Mixed Fruit
Milk

27
Meatloaf
Mashed Potatoes
Broccoli
Whole Wheat Roll
Chilled Peaches
Milk

28
Chicken Tenders
Carrots
Baked Beans
Whole Wheat Roll
Apple Cinnamon Roll
Cobbler
Milk



Meals are served Monday through Friday from 11:30 am - 12:00 pm.

Pennyriple Allied Community Services

Making a difference in Kentucky

