

September 2024

Mon	Tue	Wed	Thu	Fri
<p>All menu items are subject to change based on availability. PACS Milk/Coffee/Tea/Water available each day.</p>	 			<p>Pennyrile Senior Games September 23-25!!</p>
<p>2</p> 	<p>3</p> <p>Navy Bean Soup Collard Greens Cornbread Margarine Tropical Fruit Salad Chocolate Chip Cookie Milk</p>	<p>4</p> <p>Meatloaf Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Milk</p>	<p>5</p> <p>Pork Chop Green Beans Sweet Potatoes Cornbread Margarine Apple Slices Chocolate Pudding Milk</p>	<p>6</p> <p>Marinara Meat Sauce with Penne Pasta Broccoli Whole Grain Breadstick Margarine Banana Milk</p>
<p>9</p> <p>Herb Marinated Chicken Breast Sweet Potatoes Broccoli & Cauliflower Whole Grain Roll Margarine Vanilla Pudding Milk</p>	<p>10</p> <p>Old Fashioned Vegetable Beef Soup Oyster Crackers House Salad with Fat Free Ranch Dressing Banana Graham Crackers Milk</p>	<p>11</p> <p>Potato Crunch Fish Fillet Scalloped Potatoes Carrots Whole Grain Roll Margarine Fruit Cocktail Milk</p>	<p>12</p> <p>Cabbage Roll Stuffed with Sauce Mashed Potatoes Carrots Whole Grain Roll Margarine Mixed Fruit Milk</p>	<p>13</p> <p>Cheese Burger Deluxe Potato Wedges Green Peas Tropical Fruit Salad Milk</p>
<p>16</p> <p>Pinto Beans Seasoned Greens Cornbread Margarine Mandarin Oranges Milk</p>	<p>17</p> <p>Fish Sandwich Oven Browned Potatoes Creamy Cole Slaw Mixed Fruit Milk</p>	<p>18</p> <p>Hamburger Steak Mashed Potatoes Succotash Whole Grain Roll Fresh Clementine Mandarin Milk</p>	<p>19</p> <p>Grilled Chicken Sandwich Oven Browned Potatoes Zucchini & Summer Squash Black Forest Brownie Milk</p>	<p>20</p> <p>Pot Roast Mashed Potatoes Green Beans Wheat Bread Margarine Ambrosia Salad Milk</p>
<p>23</p> <p>Goulash Carrots Whole Grain Breadstick Margarine Diced Pears Milk</p>	<p>24</p> <p>Cornbread Stuffed Pork Chop Green Beans and Tomatoes Beets Whole Grain Roll Margarine Fresh Clementine Mandarin Milk</p>	<p>25</p> <p>Baked Spaghetti California Vegetable Blend Whole Grain Breadstick Red Grapes Chocolate Chip Cookie Milk</p>	<p>26</p> <p>Chicken & Vegetable Stir Fry Brown Rice Broccoli Whole Grain Roll Margarine Mandarin Oranges Chocolate Chip Cookie Milk</p>	<p>27</p> <p>Salmon Patty Oven Browned Potatoes Lima Beans Whole Grain Roll Margarine Chilled Peaches Milk</p>
<p>30</p> <p>Breaded Pork Chop Sweet Potatoes Collard Greens Whole Grain Roll Hot Spiced Apples Milk</p>				<p>This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, & Trigg Counties</p>