

# November 2022

Mon

Tue

Wed

Thu

Fri

**Pennyrile Allied Community Services**

Making a difference in Kentucky



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

1  
Pulled Pork w/ Gravy  
Mashed Potatoes  
Peas & Carrots  
Cornbread  
Pineapple Delight

2  
Beef Stroganoff/Noodles  
Cucumber Salad  
Roll  
Banana Pudding

3  
Sloppy Joe/Bun  
Hash Brown Casserole  
Baked Pork & Beans  
Baked Apples/Raisins

4  
Italian Chicken Breast  
Mashed Potatoes/Gravy  
Peas & Carrots  
Banana Pudding  
Biscuit

7  
Hashbrown Ham  
Casserole  
Lima Beans  
Whole Wheat Roll  
Ambrosia Fruit Salad

8  
Chicken Alfredo  
Buttered Spinach  
Garlic Bread Stick  
Mandarin Oranges  
Margarine

9  
Meat Loaf  
Mashed Potatoes  
Green Beans  
Wheat Roll  
Banana Pudding

10  
Chicken & Dumplings  
Buttered Broccoli  
Seasoned Corn  
Cornbread  
Jello Fruit Salad



14  
Vegetable Soup  
Hamburger w/ Bun  
Lettuce, Tomato, Onion  
Crackers  
Oatmeal Raisin Cookie

15  
BBQ Chicken w/ Bun  
Baked Potato  
Green Bean Casserole  
Baked Apples & Raisins  
Margarine/Sour Cream

16  
Beef Lasagna  
Buttered Broccoli  
Garlic Bread Stick  
Jello Fruit Salad

17  
Baked Potato Soup  
Chicken Drumstick  
Seasoned Peas  
Cornbread  
Pear Crisp

18  
Baked Catfish  
Navy Beans  
Cole Slaw  
Ambrosia Fruit Salad  
Cornbread

21  
Taco Soup  
Baked Potato  
Sour Cream/Margarine  
Cornbread  
Apple Crisp

22  
Roast Turkey  
Cornbread Dressing  
Giblet Gravy  
Mashed Potatoes  
Green Bean Casserole  
Cranberry Gelatin Salad

23  
Ham & Bean Soup  
Hot Beets  
Buttered Spinach  
Cornbread  
Pear Crisp

24  
CLOSED



25  
CLOSED



28  
Meat Balls  
Brown Gravy  
Mashed Potatoes  
Seasoned Peas  
Wheat Roll  
Tropical Fruit

29  
Pork Roast  
Baked Sweet Potato  
Black-eyed Peas  
Carrot Raisin Salad  
Cornbread

30  
Baked Spaghetti  
Broccoli Salad  
Mandarin Oranges  
Garlic Breadstick