

AUGUST 2023

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1 Chicken Cordon Bleu Asparagus Garlic Mashed Potatoes Whole Grain Roll Strawberry Cream Cheese Brownie Milk	2 Bean with Ham Soup Collard Greens Carrots Cornbread Margarine Chocolate Pudding Milk	3 Tuna Salad Sandwich with Lettuce and Tomato Tomato Soup Whole Wheat Crackers Fresh Orange Milk	4 Taco Pie Corn Banana Milk
7 Fish Sandwich Oven Browned Potatoes Creamy Cauliflower Broccoli Salad Red Grapes Milk	8 Breaded Pork Chop Cooked Cabbage Mashed Potatoes with Gra- vy Whole Grain Roll Margarine Fried Apples Milk	9 Meatloaf Garlic Mashed Potatoes Green Peas Whole Grain Roll Margarine Peaches Milk	10 Baked Chicken Brown Rice Broccoli and Cheese Tomato Wedges Whole Grain Roll Margarine Fried Apples Chocolate Milk	11 Sausage Egg Patty Oven Browned Potatoes Whole Wheat English Muffin Orange Milk
14 Chicken Parmesan Whole Wheat Penne Pas- ta Broccoli Whole Grain Roll Margarine Mandarin Oranges Milk	15 Chicken Tenders Mashed Potatoes Brussel Sprouts Whole Grain Roll Margarine Orange-Pineapple Gelatin Milk	16 Breaded Pork Chop Baked Potato Stewed Tomatoes Whole Grain Roll Sour Cream/Margarine Diced Pears Milk	17 Salmon Patty California Vegetable Blend Oven Browned Potatoes Whole Grain Roll Margarine Fresh Fruit Cup Chocolate Milk	18 Cheese Burger Deluxe Baked Beans Cooked Cabbage Peaches Milk
21 Pepper Steak Brown Rice Cooked Cabbage Whole Grain Roll Tropical Fruit Salad Chocolate Milk	22 Pizza Casserole House Salad with FF/LS French Dressing Whole Grain Breadstick Diced Pears Milk	23 Turkey Roast Mashed Potatoes Broccoli & Cheese Whole Grain Roll Apple Crisp Milk	24 Herb Marinated Chicken Breast Green Bean Casserole Black Eyed Peas Whole Grain Roll Black Forest Brownie Milk	25 Roast Beef with Brown Gravy Carrots Mashed Potatoes Cornbread Margarine Fresh Orange Milk
28 BBQ Chicken Breast Collard Greens Whipped Sweet Potatoes Whole Grain Roll Margarine Pineapple Chunks Milk	29 Cornmeal Crusted Pollock Baked Potato Sour Cream/Margarine Broccoli Diced Pears Milk	30 Pork Chop Scalloped Potatoes Collard Greens Whole Wheat Roll Margarine Fresh Fruit Cup Chocolate Milk	31 Sloppy Joes & Macaroni Casserole California Vegetable Blend Whole Grain Roll Margarine Lemon Pudding Milk	
This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties.				All menu items are subject to change based on availability. PACS Milk/Coffee/Tea/Water available each day.