

# January 2022

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>3</p> <p>Vegetable Soup Hamburger w/ Bun Lettuce, Tomato, Onion Crackers Oatmeal Raisin Cookie</p>	<p>4</p> <p>BBQ Chicken w/ Bun Baked Potato Green Bean Casserole Baked Apples &amp; Raisins Margarine/Sour Cream</p>	<p>5</p> <p>Beef Lasagna Buttered Broccoli Garlic Bread Stick Jello Fruit Salad</p>	<p>6</p> <p>Baked Potato Soup Chicken Drumstick Seasoned Peas Cornbread Pear Crisp</p>	<p>7</p> <p>Baked Catfish Navy Beans Cole Slaw Ambrosia Fruit Salad Cornbread</p>
<p>10</p> <p>Taco Soup Baked Potato Sour Cream Margarine Cornbread Apple Crisp</p>	<p>11</p> <p>Oven Fried Chicken New Buttered Potatoes Buttered Broccoli Wheat Roll Pears</p>	<p>12</p> <p>Ham &amp; Bean Soup Hot Beets Buttered Spinach Cornbread Pear Crisp</p>	<p>13</p> <p>Chicken Pot Pie Baked Potato Sour Cream Margarine Green Beans Mandarin Oranges Wheat Bread</p>	<p>14</p> <p>Roast Turkey Cornbread Dressing Giblet Gravy Mashed Potatoes Green Bean Casserole Cranberry Gelatin Salad</p>
<p>17</p> <p><b>Martin Luther King Day</b></p> 	<p>18</p> <p>Meatballs/Brown Gravy Mashed Potatoes Seasoned Peas Wheat Roll Tropical Fruit</p>	<p>19</p> <p>Pork Roast Baked Sweet Potato Black-eyed Peas Carrot Raisin Salad Cornbread</p>	<p>20</p> <p>Baked Spaghetti Broccoli Salad Mandarin Oranges Garlic Breadstick</p>	<p>21</p> <p>Hot Turkey Sandwich Mashed Potatoes Giblet Gravy Buttered Spinach Tropical Fruit</p>
<p>24</p> <p>Beef Stew Brown Rice Coleslaw Cornbread Chocolate Pudding</p>	<p>25</p> <p>Chicken Pot Pie Baked Potato Sour Cream/Margarine Green Beans Mandarin Oranges Wheat Bread</p>	<p>26</p> <p>BBQ Pork/Bun Baked Sweet Potato Pinto Beans Snickerdoodle Cookie</p>	<p>27</p> <p>Beef Pot Roast Mashed Potatoes Brown Gravy Squash Casserole Wheat Roll Peach Cobbler</p>	<p>28</p> <p>Chicken Fajita Pasta Buttered Broccoli Carrot Raisin Salad Garlic Bread Stick Margarine</p>
<p>31</p> <p>Frankfurter &amp; Kraut Mashed Potatoes Black-eyed Peas Cornbread Vanilla Pudding</p>				
<p>This menu is available in all 9 PACS Senior Centers - Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd &amp; Trigg Counties</p>	<p><b>Pennyrile Allied Community Services</b> Making a difference in Kentucky</p>  <p><b>community Action</b> PARTNERSHIP Helping People. Changing Lives.</p>			<p>All menu items are subject to change based on availability. PACS</p>
	<p><b>LIVE UNITED.</b> </p>			