



# May 2023

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Hamburger Steak with Gravy Mashed Potatoes Peas & Carrots Whole Wheat Roll Margarine Banana Milk	2 Chicken Tenders Carrots Baked Beans Whole Wheat Roll Apple Cinnamon Roll Cobbler Milk	3 Chunky Vegetable Soup Tuna Salad Sandwich Baby Carrots Oyster Crackers Diced Pears Milk	4 Baked Chicken Whipped Sweet Potatoes Black Eyed Peas Whole Wheat Roll Margarine Diced Pears Milk	5 Meatloaf Mashed Potatoes Broccoli Whole Wheat Roll Graham Crackers Chilled Peaches Milk
8 Spaghetti Meat Sauce Whole Grain Penne Pasta Broccoli Whole Grain Breadstick Margarine Fruited Gelatin Milk	9 Roast Turkey with Gravy Scalloped Potatoes Green Beans Whole Wheat Roll Margarine Fresh Orange Milk	10 Chicken Pot Pie Stewed Tomatoes Corn Whole Wheat Roll Margarine Red Grapes Chocolate Chip Cookie Milk	11 Cornmeal Crusted Pollock Scalloped Potatoes Green Peas Whole Wheat Roll Margarine Fresh Fruit Cup Milk	12 Fajita Casserole Corn & Black Bean Fiesta Graham Crackers Tropical Fruit Salad Milk
15 Canadian Bacon Scrambled Eggs Hashbrowned Potatoes Southern Style Biscuit Fresh Orange Strawberry Nonfat Yogurt Milk	16 Breaded Pork Chop White Pepper Gravy Cooked Cabbage Mashed Potatoes Whole Wheat Roll Fried Apples Milk	17 Tuna Noodle Casserole Carrots Whole Wheat Roll Margarine Banana Milk	18 Meatloaf Mashed Potatoes Broccoli and Cheese Whole Wheat Roll Margarine Red Grapes Graham Crackers Milk	19 BBQ Chicken Breast Baked Potato Collard Greens Cornbread Milk
22 Chicken Tenders Garden Seasoned Broccoli Mashed Potatoes Whole Wheat Roll Margarine Banana Milk	23 Breaded Fish Corn Creamed Peas Whole Wheat Roll Margarine Mixed Fruit Milk	24 Soft Shell Beef Tacos Mexican Brown Rice Fresh Orange Milk	25 Hot Dog on Bun Green Peas Baked Potato Vanilla Pudding Milk	26 Honey Glazed Pork Chop Whipped Sweet Potatoes Brussel Sprouts Whole Wheat Roll Margarine Chocolate Chip Cookie Milk
29 	30 Sloppy Joe Creamy Cole Slaw Chocolate Pudding Chilled Peaches Milk	31 Cheese Burger Deluxe Spinach Salad with French Dressing Baked Beans Diced Pears Milk		This menu is available in all 9 PACS Senior Centers. They are in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties