



March 2021



Mon

Tue

Wed

Thu

Fri

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Breaded Pollock Pinto Beans Cole Slaw Corn Bread Vanilla Pudding	2 Beef Stew Brown Rice Cole Slaw Corn Bread Pineapple Delight Margarine	3 Chicken Parmesan Baked Potato Margarine Sour Cream Broccoli Casserole Pineapple Delight	4 BBQ Pork/Wheat Bun Au Gratin Potatoes Cucumber Salad Oatmeal Raisin Cookie	5 Beef Pot Roast Mashed Potatoes Brown Gravy Squash Casserole Wheat Roll Peach Cobbler
8 Sloppy Joe/Wheat Bun Hash Brown Casserole Baked Pork n Beans Baked Apples/Raisins	9 Pulled Pork Pork Gravy Mashed Potatoes Peas & Carrots Corn Bread Pineapple Delight	10 Lasagna Buttered Broccoli Garlic Breadstick Jell-o Fruit Salad Margarine	11 Baked Italian Chicken Mashed Potatoes White Gravy Peas & Carrots Banana Pudding Whole Grain Biscuit	12 Beef Stroganoff Noodles Cucumber Salad Wheat Roll Banana Pudding
15 Hamburger/Bun Lettuce/Tomato/Onion Baked Pork n Beans Baked Potato Sour Cream Mandarin Oranges	16 Baked Potato Soup Chicken Drumstick Seasoned Peas Corn Bread Pear Crisp	17 Southwest Pork Roast Baked Sweet Potato Peas & Pearl Onions Corn Bread Apple Crisp Margarine	18 Chicken & Dumplings Buttered Broccoli Buttered Carrots Corn Bread Baked Apples/Raisins	19 Chili, Hot Dog, Bun Marconi & Cheese Applesauce Ambrosia Fruit Salad Crackers
22 Meat Balls Brown Gravy Masked Potatoes Black-eyed Peas Whole Grain Biscuit Pears	23 Tomato Chicken Parmesan Noodles Cucumber Salad Whole Wheat Roll Peach Cobbler	24 Ham & Bean Soup Hot Spiced Beets Buttered Spinach Pear Crisp Corn Bread	25 Baked Spaghetti Broccoli Salad Mandarin Oranges Garlic Breadstick	26 Hot Turkey Sandwich Mashed Potatoes Giblet Gravy Buttered Spinach Tropical Fruit
29 BBQ Chicken Macaroni & Cheese Green Bean Casserole Wheat Bun Baked Apples/Raisins	30 Meat Loaf Mashed Potatoes Seasoned Cabbage Peach Crisp Wheat Roll	31 Mexican Lasagna Buttered Broccoli Garlic Breadstick Jell-O Cake		
Pennyrile Allied Community Services <small>Making a difference in Kentucky</small>				
LIVE UNITED. 			These menus are available in all 9 PACS Senior Centers. We serve Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties.	
Please register for your meal for the next day. We will only prepare for those signed in or called in the day before. Thank you!				