

January 2023

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 	3 Grilled Chicken Sandwich Roasted Red Potatoes Carrots Colby Jack Cheese Stick Sugar Cookie Peaches Milk	4 Meatloaf Mashed Potatoes Green Peas Whole Grain Roll Margarine Ambrosia Salad Milk	5 Herbed Pork Loin Whipped Sweet Potatoes Green Beans Whole Grain Roll Margarine Cinnamon Applesauce Graham Crackers Milk	6 Hamburger Steak Scalloped Potatoes Lima Beans Whole Grain Roll Mixed Fruit Milk
9 Egg Patty Sausage Patty Oatmeal Biscuit Banana Strawberry Banana Yogurt Milk	10 Chili with Beans Carrot Raisin Salad Orange Whole Grain Breadstick Whole Grain Crackers Milk	11 Breaded Porkchop Cooked Cabbage Black Eyed Peas Fried Apples Whole Grain Roll Margarine Chocolate Milk	12 Chicken Tetrazzini Broccoli Whole Grain Roll Margarine Black Forest Brownie Milk	13 Sloppy Joe Macaroni & Cheese Green Beans Banana Milk
16 	17 Cornmeal Crusted Pollock Scalloped Potatoes Brussel Sprouts Whole Grain Roll Peaches Chocolate Graham Crackers Milk	18 Porkchop with Mushroom Gravy Stewed Tomatoes with Okra Mashed Potatoes Creamy Coleslaw Whole Grain Roll Margarine Fried Apples Chocolate Milk	19 Chicken & Vegetable Stir Fry White Rice Spinach Salad 1000 Island Dressing Whole Grain Roll Fresh Orange Milk	20 Cheeseburger Deluxe Potato Wedges Baked Beans Red Grapes Milk
23 Bean & Ham Soup Seasoned Greens Cornbread Margarine Apple Slices Peanut Butter V8 Juice Milk	24 Chicken & Broccoli Casserole Carrots Whole Grain Roll Margarine Chocolate Pudding Milk	25 Chunky Vegetable Soup Chicken Salad Sandwich Tomato Wedges Diced Pears Chocolate Chip Cookie Milk	26 Beef Macaroni Casserole Broccoli Honey Wheat Roll Pumpkin Spice Bar Chocolate Milk	27 BBQ Chicken Sweet Potatoes Collard Greens Whole Grain Roll Margarine Diced Pears Milk
30 Sweet Potato Crusted Pollock Broccoli & Cauliflower Scalloped Potatoes Whole Grain Roll Margarine Sugar Cookie Milk	31 Hamburger Steak Peas & Carrots Mashed Potatoes Whole Grain Roll Margarine Banana Milk			

This menu is available in all 9 PACS Senior Centers - Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties

Pennyrile Allied Community Services

Making a difference in Kentucky



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

