



# October 2026



| <i>Mon</i>                                                                                                                                      | <i>Tues</i>                                                                                                                                    | <i>Wed</i>                                                                                                                                                         | <i>Thu</i>                                                                                                                                            | <i>Fri</i>                                                                                                                                                |
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| 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                                                                                          |
|                                                                                                                                                 |                                                                                                                                                |                                                                                                                                                                    | <p>1</p> <p>Breaded Pork Chop<br/>Sweet Potatoes<br/>Collard Greens<br/>Whole Grain Roll<br/>Hot Spiced Apples<br/>Milk</p>                           | <p>2</p> <p>Oven Fried Chicken<br/>Crumb Topped Brussel Sprouts<br/>Scalloped Potatoes<br/>Whole Grain Roll<br/>Diced Pears<br/>Sugar Cookie<br/>Milk</p> |
| <p>5</p> <p>Navy Bean Soup<br/>Collard Greens<br/>Cornbread<br/>Margarine<br/>Tropical Fruit Salad<br/>Chocolate Chip Cookie<br/>Milk</p>       | <p>6</p> <p>Chicken Salad Sandwich<br/>Marinated Cucumbers &amp; Tomatoes<br/>Baked Potato Chips<br/>Fruit Cocktail<br/>Milk</p>               | <p>7</p> <p>Meatloaf<br/>Mashed Potatoes<br/>Green Peas<br/>Whole Grain Roll<br/>Vanilla Pudding<br/>Milk</p>                                                      | <p>8</p> <p>Pizza Casserole<br/>Broccoli<br/>Whole Grain Breadstick<br/>Margarine<br/>Banana<br/>Milk</p>                                             | <p>9</p> <p>Pork Chop<br/>Green Beans<br/>Sweet Potatoes<br/>Cornbread<br/>Margarine<br/>Apple Slices<br/>Chocolate Pudding<br/>Milk</p>                  |
| <p>12</p> <p>Baked Potato Soup<br/>Turkey Sandwich<br/>Oyster Crackers<br/>Banana<br/>Milk</p>                                                  | <p>13</p> <p>Beef Macaroni Casserole<br/>Corn<br/>Whole Grain Roll<br/>Orange<br/>Milk</p>                                                     | <p>14</p> <p>Herb Marinated Chicken Breast<br/>Sweet Potato<br/>Broccoli and Cheese<br/>Whole Grain Roll<br/>Margarine<br/>Vanilla Pudding<br/>Applesauce</p>      | <p>15</p> <p>BBQ Pork Chop<br/>Au Gratin Potatoes<br/>Green Peas<br/>Whole Grain Roll<br/>Margarine<br/>Fried Apples<br/>Milk</p>                     | <p>16</p> <p>Cheese Burger Deluxe<br/>Creamy Cole Slaw<br/>Sweet Potato Fries<br/>Diced Pears<br/>Milk</p>                                                |
| <p>19</p> <p>Pinto Beans<br/>Seasoned Greens<br/>Cornbread<br/>Margarine<br/>Mandarin Oranges<br/>Milk</p>                                      | <p>20</p> <p>Fish Sandwich<br/>Creamy Cole Slaw<br/>Brown Sugar Glazed Carrots<br/>Mixed Fruit<br/>Milk</p>                                    | <p>21</p> <p>Hamburger Steak<br/>Mashed Potatoes<br/>Succotash<br/>Whole Grain Roll<br/>Clementine<br/>Milk</p>                                                    | <p>22</p> <p>Grilled Chicken Sandwich<br/>Zucchini &amp; Squash<br/>Maple Granola Crusted<br/>Sweet Potatoes<br/>Peanut Butter Brownies<br/>Milk</p>  | <p>23</p> <p>Breaded Pork Chop<br/>Pepper Sausage Gravy<br/>Mashed Potatoes<br/>Steamed Cabbage<br/>Whole Grain Roll<br/>Margarine<br/>Ambrosia Salad</p> |
| <p>26</p> <p>Salisbury Steak<br/>Mashed Potatoes<br/>Creamed Peas<br/>Whole Grain Roll<br/>Margarine<br/>Oatmeal Cream Cookie<br/>Milk</p>      | <p>27</p> <p>Roast Turkey<br/>Baked Potato<br/>Brown Sugar Glazed Carrots<br/>Whole Grain Roll<br/>Margarine<br/>Berry Applesauce<br/>Milk</p> | <p>28</p> <p>Spaghetti Meat Sauce<br/>Bowtie Pasta<br/>Broccoli &amp; Cauliflower<br/>Whole Grain Breadstick<br/>Red Grapes<br/>Chocolate Chip Cookie<br/>Milk</p> | <p>29</p> <p>Chicken Cordon Bleu<br/>California Vegetable Blend<br/>Whipped Sweet Potatoes<br/>Whole Grain Roll<br/>Margarine<br/>Banana<br/>Milk</p> | <p>30</p> <p>Herbed Pork Loin<br/>Scalloped Potatoes<br/>Lima Beans<br/>Whole Grain Roll<br/>Ambrosia Salad<br/>Milk</p>                                  |