



March 2026



Mon

Tue

Wed

Thu

Fri

These menus are available in all 9 PACS Senior Centers. We serve Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties.



2
Breaded Fish
Scalloped Potatoes
Creamed Peas
Whole Grain Roll
Mixed Fruit
Milk

3
Chicken Salad
Sandwich
Broccoli Raisin Salad
Three Bean Salad
Red Grapes
Milk

4
Cheeseburger Deluxe
Roasted Carrots
Baked Beans
Diced Peaches
Milk

5
Honey Glazed Pork
Chop
Baked Potato
Brussel Sprouts
Whole Grain Roll
Margarine
Apple Slices
Milk

6
Chicken Taco Salad
Spanish Rice
Refried Beans
Cinnamon Applesauce
Graham Crackers
Milk

9
Pinto Beans
Collard Greens
Colby Jack Cheese Stick
Cornbread
Margarine
Fruit Cocktail
Milk

10
Grilled Chicken
Sandwich
Baked Potato
Margarine/Sour Cream
Broccoli & Cheese
Ambrosia Salad
Milk

11
Roast Turkey
Mashed Potatoes
Gravy
Green Beans
Whole Grain Roll
Margarine
Pumpkins Spice Bar
Milk

12
Chicken a la King
Bowtie Pasta
Whole Grain Roll
Margarine
Banana
Graham Crackers
Milk

13
Fish Sandwich
Oven Browned Potatoes
Creamy Cole Slaw
Strawberry Applesauce
Milk

16
Plain Omelet
Turkey Sausage
Cream of Wheat
Apple Cinnamon
Oatmeal Round
Orange
V8 Vegetable Juice
Milk

17
Breaded Pork Chop
White Pepper Gravy
Collard Greens
Mashed Potatoes
Whole Grain Roll
Margarine
Banana
Milk

18
Meatloaf
Mashed Potatoes
Lima Beans
Whole Grain Roll
Margarine
Fruited Gelatin
Milk

19
Chicken Salad
Sandwich on Croissant
Potato Salad
Three Bean Salad
Applesauce
Milk

20
BBQ Chicken Breast
Roasted Red Potatoes
Cooked Cabbage
Whole Grain Roll
Margarine
Diced Pears
Milk

23
Bean & Ham Soup
Cooked Cabbage
Cornbread
Margarine
Red Grapes
Chocolate Chip Cookie
Milk

24
Salmon Patty
Sweet Peas
Baked Potato
Margarine/Sour Cream
Whole Grain Roll
Fried Apples
Milk

25
Roasted Pork Tenderloin
Whipped Sweet Potatoes
Lima Beans
Whole Grain Roll
Apple Cobbler Cake
Milk

26
Oven Fried Chicken
Scalloped Potatoes
Green Beans
Whole Grain Roll
Margarine
Chocolate Pudding
Milk

27
Cheeseburger Deluxe
Baked Potato Chips
Peas & Pearl Onions
Clementine
Milk

30
Country Chicken Breast
Herb Glazed Carrots
Mashed Potatoes with
Gravy
Whole Grain Roll
Margarine
Apple Cinnamon Roll
Cobbler
Milk

31
Tuna Sandwich
Baked Potato Soup
Oyster Crackers
Diced Pears
Milk

Pennyrile Allied Community Services
 Making a difference in Kentucky



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