

# JULY 2023 MENU

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
3 Breaded Pork Chop Cooked Cabbage Mashed Potatoes with Gravy Whole Grain Roll Margarine Fried Apples Milk	4 	5 Baked Chicken Brown Rice Broccoli and Cheese Tomato Wedges Whole Grain Roll Margarine Fried Apples Chocolate Milk	6 Meatloaf Garlic Mashed Potatoes Green Peas Whole Grain Roll Margarine Peaches Milk	7 Sausage Egg Patty Oven Browned Potatoes Whole Wheat English Muffin Fresh Orange Milk
10 Chicken Tenders Mashed Potatoes Brussel Sprouts Whole Grain Roll Margarine Orange-Pineapple Gelatin Milk	11 Chicken Parmesan Whole Wheat Penne Pasta Broccoli Whole Grain Roll Margarine Mandarin Oranges Milk	12 Breaded Pork Chop Baked Potato Stewed Tomatoes Whole Grain Roll Sour Cream/Margarine Diced Pears Milk	13 Salmon Patty California Vegetable Blend Oven Browned Potatoes Whole Grain Roll Margarine Fresh Fruit Cup Chocolate Milk	14 Cheese Burger Deluxe Baked Beans Cooked Cabbage Peaches Milk
17 Pepper Steak Brown Rice Cooked Cabbage Whole Grain Roll Tropical Fruit Salad Chocolate Milk	18 Pizza Casserole House Salad with FF/LS French Dressing Whole Grain Breadstick Diced Pears Milk	19 Turkey Roast Mashed Potatoes Broccoli & Cheese Whole Grain Roll Apple Crisp Milk	20 Herb Marinated Chicken Breast Green Bean Casserole Black Eyed Peas Whole Grain Roll Black Forest Brownie Milk	21 Roast Beef with Brown Gravy Carrots Mashed Potatoes Cornbread Margarine Fresh Orange Milk
24 Pork Chop Scalloped Potatoes Collard Greens Whole Wheat Roll Margarine Fresh Fruit Cup Chocolate Milk	25 Cornmeal Crusted Pollock Baked Potato Sour Cream/Margarine Broccoli Diced Pears Milk	26 BBQ Chicken Breast Collard Greens Whipped Sweet Potatoes Whole Grain Roll Margarine Pineapple Chunks Milk	27 Sloppy Joes & Macaroni Casserole California Vegetable Blend Whole Grain Roll Margarine Lemon Pudding Milk	28 Cheese Burger Deluxe Baked Beans Creamy Cole Slaw Apple Slices Milk
31 Baked Spaghetti Broccoli Tossed Salad with Lite Ranch Dressing Whole Grain Roll Mixed Fruit Milk				
All menu items are subject to change based on availability. <b>PACS</b> Milk/Coffee/Tea/Water available each day				This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd & Trigg Counties