

September 2023

Mon	Tue	Wed	Thu	Fri
All menu items are subject to change based on availability. PACS Milk/Coffee/Tea/Water available each day.	 			Pennyrile Senior Games September 25-27!!
				**Please be advised that Friday's serving time will now be 10:00 a.m. for brunch.**
This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, & Trigg Counties				1 Turkey Sausage Links Biscuit White Pepper Gravy Oatmeal Vanilla Yogurt Margarine Orange Milk
4 	5 Potato Crunch Fish Fillet Baked Potato Margarine/Sour Cream Carrots Whole Grain Roll Fruit Cocktail Milk	6 Cheese Burger Deluxe Baked Potato Chips Green Beans Tropical Fruit Salad Milk	7 Herb Marinated Chicken Breast Sweet Potatoes Broccoli & Cauliflower Whole Grain Roll Margarine Ambrosia Salad Chocolate Milk	8 Sausage Patty Egg Patty Oatmeal Strawberry Yogurt Whole Wheat English Muffin Margarine Orange Milk
11 Hamburger Steak with Gravy Mashed Potatoes Cooked Cabbage Whole Grain Roll Margarine Peaches Milk	12 Chicken Noodle Soup Cold Roast Beef Sandwich Baked Potato Chips Tropical Fruit Salad Milk	13 Pot Roast Mashed Potatoes Green Beans Wheat Bread Margarine Ambrosia Salad Milk	14 Pinto Beans Cornbread Margarine Seasoned Greens Mandarin Oranges Milk	15 Southwest Egg Bake Cream of Wheat Whole Wheat English Muffin Margarine Banana Chocolate Milk
18 Goulash Carrots Whole Grain Breadstick Margarine Diced Pears Milk	19 Salmon Patty American Fried Potatoes Brussel Sprouts Whole Grain Roll Margarine Peaches Milk	20 Chicken Alfredo California Vegetable Blend Whole Grain Breadstick Margarine Red Grapes Milk	21 Chicken & Vegetable Stir Fry Brown Rice Broccoli Whole Grain Roll Margarine Mandarin Oranges Graham Crackers Milk	22 Egg Salad Wheat Bread Vanilla Yogurt Creamy Cauliflower & Broccoli Salad Strawberries Milk
25 Breaded Pork Chop Sweet Potatoes Collard Greens Wheat Bread Fried Apples Milk	26 Chili Oyster Crackers Celery & Carrot Sticks Citrus Fruited Gelatin Milk	27 Oven Fried Chicken Stewed Tomatoes Baked Potato Margarine/Sour Cream Whole Grain Roll Diced Pears Milk	28 Turkey & Stuffing Casserole Mashed Potatoes Green Beans Wheat Bread Mixed Fruit Milk	29 Egg Patty Cheese Grits Whole Wheat English Muffin Margarine Mixed Fruit V8 Juice Chocolate Milk