



March 2025



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.



3
Pinto Beans
Beets
Cornbread
Margarine
Fruit Cocktail
Milk

4
Roast Turkey with Gravy
Mashed Potatoes
Green Beans
Whole Grain Roll
Margarine
Clementine
Peanut Butter Cookie
Milk

5
Chicken a la King with Bowtie Pasta
Whole Grain Roll
Margarine
Banana
Graham Crackers
Milk

6
Fish Sandwich
Oven Browned Potatoes
Creamy Cole Slaw
Strawberry Applesauce
Milk

7
Grilled Chicken Sandwich
Tater Tots
Broccoli & Cheese
Margarine
Ambrosia
Chocolate Chip Cookie
Milk

10
Omelet
Whole Wheat English Muffin
Cottage Cheese & Peaches
Hashbrowned Potatoes
Margarine
V8 Vegetable Juice
Milk

11
Breaded Pork Chop with White Pepper Gravy
Collard Greens
Mashed Potatoes
Whole Grain Roll
Margarine
Banana
Milk

12
Chicken Salad Sandwich on Croissant
Broccoli Raisin Salad
Tomato Cucumber Salad
Apple
Milk

13
Meatloaf
Mashed Potatoes
Green Peas
Whole Grain Roll
Margarine
Red Grapes
Milk

14
BBQ Chicken Breast
Roasted Red Potatoes
Cooked Cabbage
Whole Grain Roll
Margarine
Diced Pears
Milk

17
Breaded Fish
Oven Browned Potatoes
Creamed Peas
Whole Grain Roll
Mixed Fruit
Milk

18
Cheese Burger Deluxe
Garden Seasoned Broccoli
Baked Potato Chips
Diced Peaches
Milk

19
Grilled Chicken Salad
Ranch Dressing
Chunky Vegetable Soup
Whole Grain Roll
Margarine
Clementine
Sugar Cookie
Milk

20
Sausage Link
Egg Patty
Whole Wheat English Muffin
Hashbrown Cubes
Cottage Cheese & Pears
Margarine
V8 Vegetable Juice
Milk

21
Honey Glazed Pork Chop
Baked Potato
Margarine/Sour Cream
Brussel Sprouts
Whole Grain Roll
Apple Slices
Milk

24
Bean & Ham Soup
Cooked Cabbage
Cornbread
Margarine
Red Grapes
Chocolate Chip Cookie
Milk

25
Salmon Patty
Baked Potato
Margarine/Sour Cream
Green Peas
Whole Grain Roll
Fried Apples
Milk

26
Roasted Pork Tenderloin
Whipped Sweet Potatoes
Lima Beans
Whole Grain Roll
Margarine
Apple Cobbler Cake
Milk

27
Oven Fried Chicken
Scalloped Potatoes
Green Beans
Whole Grain Roll
Margarine
Chocolate Pudding
Milk

28
Cheese Burger Deluxe
Tater Tots
Succotash
Clementine
Milk

31
Tuna Salad Sandwich
Chunky Vegetable Soup
Oyster Crackers
Diced Pears
Milk

Pennyrile Allied Community Services

Making a difference in Kentucky

