

JULY 2021 MENU

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
			1 Hash Brown Ham Casserole Lima Beans Wheat Roll Ambrosia Salad	2 Oven Fried Chicken New Buttered Potatoes Buttered Broccoli Wheat Roll Pears
5 CLOSED 	6 Breaded Pollock Pinto Beans Cole Slaw Corn Bread Vanilla Pudding	7 Chicken Parmesan Baked Potato Margarine Sour Cream Broccoli Casserole Pineapple Delight	8 BBQ Pork/Wheat Bun Au Gratin Potatoes Cucumber Salad Oatmeal Raisin Cookie	9 Beef Pot Roast Mashed Potatoes Brown Gravy Squash Casserole Wheat Roll Peach Cobbler
12 Sloppy Joe/Wheat Bun Hash Brown Casserole Baked Pork n Beans Baked Apples/Raisins	13 Baked Italian Chicken Mashed Potatoes White Gravy Peas & Carrots Banana Pudding Whole Grain Biscuit	14 Lasagna Buttered Broccoli Garlic Breadstick Jell-o Fruit Salad Margarine	15 Pulled Pork Pork Gravy Mashed Potatoes Peas & Carrots Corn Bread Pineapple Delight	16 Beef Stroganoff Noodles Cucumber Salad Wheat Roll Banana Pudding
19 Hamburger/Bun Lettuce/Tomato/Onion Baked Pork n Beans Baked Potato Sour Cream Mandarin Oranges	20 Baked Potato Soup Chicken Drumstick Seasoned Peas Corn Bread Pear Crisp	21 Southwest Pork Roast Baked Sweet Potato Peas & Pearl Onions Corn Bread Apple Crisp Margarine	22 Chicken & Dumplings Buttered Broccoli Buttered Carrots Corn Bread Baked Apples/Raisins	23 Chili, Hot Dog, Bun Marconi & Cheese Applesauce Ambrosia Fruit Salad Crackers
26 Meat Balls Brown Gravy Masked Potatoes Black-eyed Peas Whole Grain Biscuit Pears	27 Tomato Chicken Parmesan Noodles Cucumber Salad Whole Wheat Roll Peach Cobbler	28 Ham & Bean Soup Hot Spiced Beets Buttered Spinach Pear Crisp Corn Bread	29 Baked Spaghetti Broccoli Salad Mandarin Oranges Garlic Breadstick	30 Hot Turkey Sandwich Mashed Potatoes Giblet Gravy Buttered Spinach Tropical Fruit
		All menu items are subject to change based on availability. PACS 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	

Pennyrile Allied Community Services

Making a difference in Kentucky

