

SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Country Fried Steak & Gravy, Mashed Potatoes, Mixed Vegetable Blend, Orange Sherbet Milk</p>	<p>4</p> <p>Chicken Strips, Montreal Potatoes, California Vegetable Blend, Jade Salad Milk</p>	<p>5</p> <p>Stuffed Pepper Casserole, Tossed Salad, Breadstick, Apple Slices Milk</p>	<p>6</p> <p>Ham, Turkey & Cheese Wrap, Lettuce, Tomato, Onion, Macaroni Salad, Peaches Milk</p>
<p>9</p> <p>Ham & Spinach Quiche, Salad with Low Fat Dressing, Tropical Fruit, Breadstick Milk</p>	<p>10</p> <p>Marinated Chicken Breast, Pea & Cheese Salad, Marinated Tomato & Cucumber, Creamsicle Pie Milk</p>	<p>11</p> <p>Open Face Roast Beef with Gravy, Mashed Potatoes, Green Beans, Wheat Bread, Dump Cake Milk</p>	<p>12</p> <p>Smothered Pork Tips with Rice, Brussels Sprouts, Yeast Roll, Pineapples Milk</p>	<p>13</p> <p>Chef Salad with Low Fat Dressing, Mandarin Oranges, Crackers, Brownie Milk</p>
<p>16</p> <p>Black-Eyed Peas with Sliced Ham, Fried Okra, Cornbread, Strawberries Milk</p>	<p>17</p> <p>Meatballs with Gravy, Mashed Potatoes, Spinach, Oreo Cheesecake Milk</p>	<p>18</p> <p>Chicken with Dressing, Green Beans, Sweet Potatoes, Fruit Cocktail Cake Milk</p>	<p>19</p> <p>Baked Fish Sandwich, Corn, Mashed Potatoes, Strawberry Kool-Aid Pie Milk</p>	<p>20</p> <p>Grilled Chicken Salad, Tropical Fruit, Crackers, Banana Nut Bread Milk</p>
<p>23</p> <p>Mexican Chicken, Southwestern Corn, Zucchini, Cookie Milk</p>	<p>24</p> <p>Chicken Alfredo, Green Salad, Garlic Bread, Jell-O with Fruit Milk</p>	<p>25</p> <p>Breaded Pork Cutlet with Gravy, Carrots, Steamed Cabbage, Zippy Apple Salad Milk</p>	<p>26</p> <p>Meatloaf, Macaroni & Cheese, Green Peas, Mixed Fruit Milk</p>	<p>27</p> <p>Tuna Salad Sandwich, Broccoli Slaw, Fresh Orange, Wheat Bread Milk</p>
<p>30</p> <p>Hamburger on a Bun, Lettuce, Tomato, Onion, Seasoned Potato Wedges, Baked Beans, Tropical Fruit Milk</p>		<p>Waychoff Senior Center 320 Trailwood Drive Heber Springs, AR 72543</p> <p>Open: Mon-Fri 7 AM-3PM Lunch Served Daily 12 PM</p>	<p>Suggested Contribution for Members: \$4 Cost for Guests: \$7</p> <p>For Transportation Call: (501) 362-2413</p>	