

OCTOBER 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Waychoff Senior Center 320 Trailwood Drive Heber Springs, AR 72543 Open: Mon-Fri 7 AM-3PM Lunch Served Daily 12 PM	Suggested Contribution for Members: \$4 Cost for Guests: \$7 For Transportation Call: (501) 362-2413		1 Teriyaki Chicken with Rice, Asian Vegetable Blend, Mandarin Oranges, Brownie Milk	2 White Beans & Ham, Red Skin Potatoes, Turnip Greens, Jello-O with Pineapple Milk
5 Baked Mushroom Burger, Stewed Tomatoes, Au Gratin Potatoes, Pineapples Milk	6 Chicken Noodle Soup, Green Salad, Cornbread, Orange Poke Cake Milk	7 Spaghetti with Meat Sauce, Italian Vegetables, Garlic Biscuit, Orange Wedges Milk	8 Salisbury Steak with Gravy, Mashed Potatoes, Cali. Vegetable Blend, Fruit Cocktail Milk	9 BBQ Pork on a Bun, Coleslaw, Roasted Potatoes, Hot Applesauce Milk
12 Poppy Seed Chicken, Zucchini & Tomatoes, Garden Salad, Yellow Cake with Chocolate Icing Milk	13 Breaded Pork Cutlet with Gravy, Scalloped Corn & Broccoli, Turnip Greens, Autumn Delight Milk	14 Baked Turkey with Gravy, Dressing, Cranberry Sauce, Mashed Potatoes Green Beans, Pumpkin Cookie Milk	15 Brown Beans & Ham, Steamed Cabbage & Carrots, Cornbread, Strawberries & Banana Milk	16 Hamburger on Bun, Lettuce, Tomato, Onion, Corn Salad, Baked Chips, Tropical Fruit Milk
19 Beef Stroganoff, Spinach, Corn, Banana Milk	20 BBQ Glazed Chicken, Broccoli, Carrots, Eggnog Pound Cake Milk	21 Smoked Sausage, Sauerkraut, Mixed Vegetables, Cornbread, Fruit Cocktail Milk	22 Baked Ziti, Squash Medley, Tossed Salad, Cobbler Milk	23 Ham & Potato Soup, Grilled Cheese Sandwich, Tomato & Cucumber Salad, Emerald Pears Milk
26 Chicken Strips, Macaroni & Cheese, Green Peas, Peaches with Whipped Topping Milk	27 Meatloaf, Mashed Potatoes, Mixed Vegetables, Pears, Wheat Roll Milk	28 Ham with Pineapple Sauce, Sweet Potatoes, Green Beans, Yeast Roll, Pecan Dessert Milk	29 Honey Garlic Meatballs, White Rice, Broccoli, Strawberry Poke Cake Milk	30 Chili Cheese Coney with a Bun, Coleslaw, Fruit Cocktail, Cookie Milk