


JULY 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1 Chicken Strips, Montreal Potatoes, Cali. Vegetable Blend, Jade Salad Milk</p>	<p>2 Submarine Sandwich, Lettuce, Tomato, Onion, Macaroni Salad, Peaches Milk</p>	<p>3  happy 4th of JULY!</p>
<p>6 Mexican Chicken, Southwestern Corn, Broccoli, Cookie Milk</p>	<p>7 Breaded Pork Cutlet with Gravy, Carrots, Turnip Greens, Peaches Milk</p>	<p>8 Pasta with Meat Sauce, Green Salad, Garlic Bread, Jell-O with Fruit Milk</p>	<p>9 Meatloaf, Cauliflower with Cheese, Green Peas, Fruit Cocktail Milk</p>	<p>10 Tuna Salad, Broccoli Slaw, Baked Chips, Mandarin Oranges Milk</p>
<p>13 BBQ Chicken, Summer Squash, Potato Salad, Peach Cobbler Milk</p>	<p>14 Sliced Ham, Black-Eyed Peas, Fried Okra, Cornbread, Strawberries Milk</p>	<p>15 Baked Fish, Sweet Potato Fries, Green Beans, Wheat Bread, Pears Milk</p>	<p>16 Meatballs with Gravy, Mashed Potatoes, Spinach, Lemonade Pie Milk</p>	<p>17 Grilled Chicken Salad, Cantaloupe, Crackers, Banana Nut Bread Milk</p>
<p>20 Pizza with Meat, Garden Salad, Strawberries with Angel Food Cake Milk</p>	<p>21 Chicken Pot Pie with Vegetables, Green Beans, Biscuit, Hot Cinnamon Apples Milk</p>	<p>22 Taco Salad with Chopped Lettuce, Tomato, Onion, Ranch Beans, Tortilla Chips, Frosted Grapes Milk</p>	<p>23 Chicken Sandwich on a Bun, Lettuce, Tomato, Onion, Seasoned Potato Wedges, Baked Beans, Watermelon Milk</p>	<p>24 Turkey with Dressing and Gravy, Green Beans, Sweet Potatoes, Pumpkin Cookie, Yeast Roll Milk</p>
<p>27 Ham & Spinach Quiche, Salad with Low Fat Dressing, Tropical Fruit, Breadstick Milk</p>	<p>28 Open Face Roast Beef with Gravy on Wheat Bread, Mashed Potatoes Green Beans, Dump Cake Milk</p>	<p>29 Chef Salad with Low Fat Dressing, Cantaloupe, Crackers, Brownie Milk</p>	<p>30 Smothered Pork Tips with Rice, Brussels Sprouts, Bread, Pineapples Milk</p>	<p>31 Marinated Chicken Breast, Pea & Cheese Salad, Marinated Tomatoes & Cucumber, Creamsicle Pie Milk</p>