

JANUARY 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Waychoff Senior Center 320 Trailwood Drive Heber Springs, AR 72543 Open: Mon-Fri 7 AM-3PM Lunch Served Daily 12 PM</p>	<p>Suggested Contribution for Members: \$4 Cost for Guests: \$7 For Transportation Call: (501) 362-2413</p>	<p>1 </p>	<p>2 Chili, Broccoli Slaw, Mexican Cornbread, Fruit Milk</p>
<p>5 Swiss Steak, White Rice, Fried Okra Roll, Peaches Milk</p>	<p>6 Ranch Seasoned Chicken, Baked Corn Casserole, Zucchini & Tomatoes, Chocolate Pie Milk</p>	<p>7 Pork Loin w/ Gravy, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Apple Cake Milk</p>	<p>8 Vegetable Beef Soup, Oriental Slaw, Cornbread, Fruit Milk</p>	<p>9 Chicken & Dumplings, Green Beans, Stewed Tomatoes, Butterscotch Bars Milk</p>
<p>12 Baked Fish, Sweet Potato Fries, Green Beans, Wheat Bread, Pears Milk</p>	<p>13 Creamy Chicken Spaghetti, Green Peas, Capri Vegetable Blend, Cake with Icing Milk</p>	<p>14 Taco Soup, Tortilla Chips, Salsa, Lettuce Salad, Strawberries & Bananas Milk</p>	<p>15 Smothered Pork Cutlet, Mixed Vegetables, Steamed Broccoli, Yeast Roll, Apple Cobbler Milk</p>	<p>16 Meatballs w/ Gravy, Mashed Potatoes, Carrots, Wheat Bread, Fruit Cocktail Milk</p>
	<p>19 20 Chicken Strips, Broccoli with Cheese Sauce, Peas & Carrots, Cookie Milk</p>	<p>21 Meatloaf, Scalloped Potatoes, Green Beans, Wheat Bread, Fresh Fruit Milk</p>	<p>22 Sliced Ham, Black-Eyed Peas, Greens, Cornbread, CranApple Dessert Milk</p>	<p>23 Chicken Parmigiana with Sauce, Tossed Salad, Yellow Squash, Garlic Bread, Spiced Peaches Milk</p>
<p>26 Hashbrown Ham Casserole, Spring Salad, Strawberries, Breadstick, Angel Food Cake Milk</p>	<p>27 Cheeseburger on a Bun, Lettuce, Tomato, Onion, Baked Beans, O'Brien Hashbrowns Pineapples Milk</p>	<p>28 Pinto Beans w/ Ham, Spinach, Cornbread, Creamsicle Pie Milk</p>	<p>29 Spaghetti with Meat Sauce, Italian Mixed Vegetables, Tossed Salad, Brownie Muffin Milk</p>	<p>30 Sliced Turkey with Gravy, Sweet Potatoes, Cream-Style Corn, Roll, Caramel Apple Crisp Milk</p>