


JANUARY 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 	2 Chili, Broccoli Slaw, Mexican Cornbread, Fruit Milk
5 Swiss Steak, White Rice, Fried Okra Roll, Peaches Milk	6 Ranch Seasoned Chicken, Baked Corn Casserole, Zucchini & Tomatoes, Chocolate Pie Milk	7 Pork Loin w/ Gravy, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Apple Cake Milk	8 Vegetable Beef Soup, Oriental Slaw, Cornbread, Fruit Milk	9 Chicken & Dumplings, Green Beans, Stewed Tomatoes, Butterscotch Bars Milk
12 Baked Fish, Sweet Potato Fries, Green Beans, Wheat Bread, Pears Milk	13 Creamy Chicken Spaghetti, Green Peas, Capri Vegetable Blend, Cake with Icing Milk	14 Taco Soup, Tortilla Chips, Salsa, Lettuce Salad, Strawberries & Bananas Milk	15 Smothered Pork Cutlet, Mixed Vegetables, Steamed Broccoli, Yeast Roll, Apple Cobbler Milk	16 Meatballs w/ Gravy, Mashed Potatoes, Carrots, Wheat Bread, Fruit Cocktail Milk
19 	20 Chicken Strips, Broccoli with Cheese Sauce, Peas & Carrots, Cookie Milk	21 Meatloaf, Scalloped Potatoes, Green Beans, Wheat Bread, Fresh Fruit Milk	22 Sliced Ham, Black-Eyed Peas, Greens, Cornbread, CranApple Dessert Milk	23 Chicken Parmigiana with Sauce, Tossed Salad, Yellow Squash, Garlic Bread, Spiced Peaches Milk
26 Hashbrown Ham Casserole, Spring Salad, Strawberries, Breadstick, Angel Food Cake Milk	27 Cheeseburger on a Bun, Lettuce, Tomato, Onion, Baked Beans, O'Brien Hashbrowns Pineapples Milk	28 Pinto Beans w/ Ham, Spinach, Cornbread, Creamsicle Pie Milk	29 Spaghetti with Meat Sauce, Italian Mixed Vegetables, Tossed Salad, Brownie Muffin Milk	30 Sliced Turkey with Gravy, Sweet Potatoes, Cream-Style Corn, Roll, Caramel Apple Crisp Milk