


JUNE 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Strips, Macaroni & Cheese, Green Peas, Tropical Fruit Milk	2 Meatloaf, Fried Okra, Scalloped Potatoes, Peaches Milk	3 Breaded Pork Cutlet w/ Gravy, Mashed Potatoes, Squash Medley, Banana Pudding Milk	4 Pinto Beans w/ Ham, Stewed Tomatoes, Cabbage, Cornbread Strawberries Milk	5 Pepper Steak over Rice, Green Beans, Carrots, Autumn Delight Milk
8 Spaghetti & Meat Sauce, Italian Green Beans, Garlic Bread, Hot Apples with Cinnamon Milk	9 White Beans & Ham, Stewed Tomatoes, Turnip Greens, Cornbread, Chocolate Pudding Milk	10 Hamburger on a Bun, Lettuce, Tomato, Onion Potato Salad, Triple Orange Salad Milk	11 Grilled Chicken with Gravy, Carrots, Brussels Sprouts, Roll, Vanilla Ice Cream Milk	12 Tuna Salad Sandwich, Broccoli Slaw, Tomato Wedges, Light Lemon Cheesecake Milk
15 Chopped Steak with Gravy, Mashed Potatoes, Peas & Carrots, Bread, Pears Milk	16 Cheesy Salsa Chicken, Buttered Corn, Steamed Broccoli, Banana Cake with Glaze Milk	17 Sloppy Joes on a Bun, Baked Beans, Coleslaw, Hot Applesauce Milk	18 Broccoli & Cheese Soup, Ham Slider, Tossed Salad, Tropical Fruit Milk	19 Chicken & Dumplings, Carrots, Green Peas, 5-Cup Salad Milk
22 Chili & Beans with Corn Chips, Shredded Cheese, Coleslaw, Ruby Pears Milk	23 Oven Fried Chicken, Au Gratin Potatoes, Mixed Vegetables, Pineapple Pie Milk	24 Hamburger Steak with Gravy, Mashed Potatoes, Spinach, Yeast Roll, Cake with Frosting Milk	25 Sweet & Sour Chicken, White Rice, Asian Mixed Vegetables, Mandarin Oranges, Sugar Cookie Milk	26 Ham & Cheese Sandwich, Broccoli & Cauliflower Salad, Peaches, Honey Bun Cake Milk
29 Pizza with Meat, Garden Salad with Low Fat Dressing, Strawberries with Angel Food Cake Milk	30 Country Fried Steak with Gravy, Mashed Potatoes, Cali Vegetable Blend, Rainbow Sherbet Milk		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