

MARCH 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Strips, Cauliflower & Cheese, Peas & Carrots, Cookie Milk	4 Meatloaf, Mashed Potatoes, Green Beans, Wheat Roll, Orange Milk	5 Sliced Ham, Black-Eyed Peas, Turnip Greens, Cornbread, CranApple Dessert Milk	6 Chicken Parmigiana with Sauce, Spinach, Corn, Breadstick, Spiced Peaches Milk	7 Baked Fish Patty, Sweet Potato Fries, Broccoli, Pears, Wheat Bread Milk
10 Chicken & Dumplings, Green Beans, Stewed Tomatoes, Butterscotch Pudding Milk	11 Seasoned Chicken Breast, Baked Corn Casserole, Peas & Carrots, Pineapple Pie Milk	12 Pork Roast with Gravy, Mashed Potatoes, Brussels Sprouts, Apple Cake Milk	13 Swiss Steak, White Rice, Fried Okra, Roll, Peaches Milk	14 Vegetable Beef Soup, Garden Salad, Cornbread, Fruit Cocktail Milk
17 Hashbrown Ham Casserole, Spring Salad, Strawberries, Breadstick, Angel Food Cake Milk	18 Spaghetti with Meat Sauce, Italian Mixed Vegetables, Tossed Salad, Brownie Muffin Milk	19 Pinto Beans with Ham, Spinach, Stewed Tomatoes, Cornbread, Kool-Aid Pie Milk	20 Sliced Turkey with Gravy, Sweet Potatoes, Green Beans, Roll, Apple Crisp Milk	21 Tater Tot Casserole, Green Salad, Peas & Carrots, Wheat Bread, Pineapples Milk
24 Chicken Spaghetti, Green Peas, Capri Blend, Breadstick, Cake with Icing Milk	25 Meatballs with Gravy, Turnip Greens, Mashed Potatoes, Wheat Bread Fruit Cocktail Milk	26 Smothered Pork Cutlet, Carrots, Broccoli, Roll, Chocolate Cobbler Milk	27 Taco Soup, Tortilla Chips, Salsa, Lettuce Salad, Strawberries and Bananas Milk	28 Scrambled Eggs, Sausage, Biscuit, Orange, Apple Juice Milk
31 Chili, Broccoli Slaw, Mexican Cornbread, Cinnamon Apple Slices 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