

# JANUARY 2025 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</p> 	<p>2</p> <p>Creamy Chicken Spaghetti, Green Peas, Capri Veggie Blend, Breadstick, Cake Milk</p>	<p>3</p> <p>Chili, Broccoli Slaw, Mexican Cornbread, Pears Milk</p>
<p>6</p> <p>Chicken Parmigiana with Sauce, Spinach, Corn, Garlic Bread, Peaches Milk</p>	<p>7</p> <p>Meatloaf, Mashed Potatoes, Green Beans, Wheat Bread, Banana Milk</p>	<p>8</p> <p>Sliced Ham, Black-Eyed Peas, Greens, Cornbread, CranApple Dessert Milk</p>	<p>9</p> <p>Baked Fish, Sweet Potato Fries, Lima Beans, Wheat Bread, Pears Milk</p>	<p>10</p> <p>Chicken Strips, Cauliflower and Cheese, Peas and Carrots, Cookie Milk</p>
<p>13</p> <p>Swiss Steak, White Rice, Fried Okra, Roll, Tropical Fruit Milk</p>	<p>14</p> <p>Chicken and Dumplings, Green Beans, Stewed Tomatoes, Cornbread, Butterscotch Pudding Milk</p>	<p>15</p> <p>Pork Roast, Mashed Potatoes, Brussels Sprouts, Wheat Bread, Apple Cake Milk</p>	<p>16</p> <p>Lemon Pepper Chicken, Baked Corn Casserole, Zucchini and Tomato, Chocolate Pie Milk</p>	<p>17</p> <p>Vegetable Beef Soup, Tossed Salad, Cornbread, Mandarin Oranges Milk</p>
<p>20</p> 	<p>21</p> <p>Hamburger Steak with Gravy, Carrots, Mashed Potatoes, Wheat Bread, Fruit Cocktail Milk</p>	<p>22</p> <p>Cheesy Chicken and Potato Casserole, Brussels Sprouts, Yeast Roll, Hot Applesauce Milk</p>	<p>23</p> <p>Smothered Pork Cutlet, Sweet Carrots, Steamed Broccoli, Cherry Cobbler Milk</p>	<p>24</p> <p>Taco Soup, Tortilla Chips, Salsa, Lettuce Salad, Strawberries and Bananas Milk</p>
<p>27</p> <p>Hashbrown Ham Casserole, Tossed Salad, Strawberries, Breadstick, Cake Milk</p>	<p>28</p> <p>Sliced Turkey with Gravy, Sweet Potatoes, Cream-Style Corn, Roll, Apple Crisp Milk</p>	<p>29</p> <p>Goulash, Italian Vegetable Blend, Tossed Salad, Brownie Milk</p>	<p>30</p> <p>Pinto Beans with Ham, Zucchini and Tomatoes, Cornbread, Lemonade Pie Milk</p>	<p>31</p> <p>Tater Tot Casserole, Green Peas, Wheat Bread, Pineapples Milk</p>