



Lunch Served Daily From 11:30 to 12:30
With Suggested Donation of \$3:00
870-246-9871

Arkadelphia Senior Center

2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Steak Onions Mashed Potatoes Green Beans SF Wheat Roll/ Cookie Mandarin Oranges Skim Milk	3 Chicken Spaghetti Tossed Salad Garlic Bread Tropical Fruit Skim Milk	4 Special Meal Glazed Meatloaf Mashed Potatoes Seasoned Carrots Bread / Cake Skim Milk	5 Grilled Chicken on Bun Sweet Potato Fries Lettuce Potato Fries Brownie Skim Milk	6 Frito Pie Tossed Salad Fruit Cup Sherbet Skim Milk
9 Honey Mustard Pork Loin Chateau Potatoes Seasoned Carrots Wheat Bread PIG PICKIN CAKE Skim Milk	10 Roast Beef Mashed Potatoes/Gravy Green Beans Dinner Roll Chilled Pineapple Cookie Skim Milk	11 Oven Fried Chicken Mashed Potatoes Corn FZN SF Garlic Cheddar Biscuit Banana Pudding Skim Milk	12 Chili Baked Potato Broccoli Wheat Bread or Crackers Margarine Assorted Cookies Skim Milk	13 Breaded Pork Chop Rice/ Gravy Black Eyed Peas Cornbread/Margarine Mandarin Oranges Skim Milk
16 Beef Tips with Gravy Mashed Potatoes Peas & Carrots SF Dinner Roll/Margarine Pineapple Upside Down Cake Skim Milk	17 Chicken Rice Casserole Green Beans Wheat Bread Chilled Peaches Cookie Skim Milk	18 Baked Ham Baked Sweet Potato California Vegetables Dinner Roll Frosted Cake Skim Milk	19 Vegetable Soup Tuna Salad Sandwich Lettuce & Tomato Fruit Crisp Skim Milk	20 LASAGNA Tossed Salad& Dressing Garlic Bread Fresh Orange Cookie Skim Milk
23 Country Baked Chicken Mashed Potatoes/Gravy California Vegetables Dinner Roll Peach Cobbler Skim Milk	24 Scrambled Eggs Sausage Hashbrown Potatoes Pancakes/Syrup Fruit Cup Skim Milk	25 Beef Stew Wheat Bread or Crackers Emerald Pears Honey Bunn Cake Skim Milk	26 Chicken & Dumplings Green Beans Dinner Roll Margarine Fresh Orange Cookie Skim Milk	27 Breaded Pork Chop Pinto Beans Turnip Greens Cornbread Cinnamon Apples Skim Milk
30 Baked Ham Black Eyed Peas Seasoned Cabbage & Carrots Cornbread Sweet Potato Pie Skim Milk	31 Glazed Meatloaf Mashed Potatoes Succotash Whole Wheat Roll/Bread Peach Shortcake Skim Milk			