

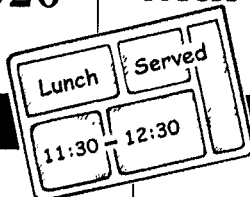
January 2026 Menu

Murfreesboro Senior Activity Center

120 Court St.

Ph: 870.285.2312

Open: Mon - Tue - Wed 8:00 am - 2:00 pm



Monday

5

Salisbury Steak w/Gravy
Mashed Potatoes
Tuscan Vegetables
Roll
Chunky Fruit

Tuesday

6

Vegetable Soup
Mixed Green Salad
Cornbread
Cake

Wednesday

7

Catfish Fillet
Pinto Beans
Coleslaw
Hush Puppies
Brownie

12

Pork Chop
Sweet Potato Hash
Green Beans
Snickerdoodle Cookie

13

Chicken Rice Casserole
Peas & Carrots
Cauliflower
Roll
Banana Pudding w/
Wafer

14

Roasted Turkey w/Gravy
Mashed Potatoes
Greens
Cornbread
Apples

19

Beef Lasagna
Broccoli & Cauliflower
Cheese Bread Sticks
Ambrosia

20

Pork Loin
Buttered New Potatoes
Brussels Sprouts
Roll
Cinnamon Pears

21

Chicken & Dumplings
Tossed Salad
Roll
Salted Caramel Apple Crisp

26

Pulled Pork Sandwich
Baked Beans
Chips
Apple Cobbler

27

Chicken Tenders
White beans
Seasoned Okra
Roll
Cookie

28

Meatloaf
Green Beans
Carrots
Roll
Peaches & Cream