



# Midvale Meal Calendar January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>CENTER CLOSED</b></p> <p>HAPPY NEW YEAR</p>  	<p>2</p> <p><b>BIRTHDAY MEAL</b> Turkey Pot Roast Poultry Gravy Mashed Potatoes Stewed Tomatoes Normandy Blend Vegetables Birthday Cupcake Chocolate Milk</p> 	<p>3</p> <p><b>Baked Salmon</b> Teriyaki Sauce Rst. Red Potatoes Italian Blend Vegetables Fresh Banana</p>	<p>4</p> <p><b>Beef Stew</b> Broccoli &amp; Florets Cheddar Biscuit Fresh Tangelo</p>	<p>5</p> <p><b>Breaded Fish w/ Tarter Sauce</b> Green Peas Spinach / Romaine Salad Whole Wheat Roll Orange Gelatin w/ Pears</p>
<p>8</p> <p><b>Chicken Milano</b> Mixed Vegetables Carrots Seasonal Fresh Fruit Whole Wheat Roll</p>	<p>9</p> <p><b>Chili Relleno Casserole</b> Chuckwagon Corn Red/Gr Bell Pepper &amp; Onions Corn Tortilla Raspberry Gelatin w/Whip</p>	<p>10</p> <p><b>Baked Salmon w/ Tarter Sauce</b> Three Bean Salad Steamed Spinach Whole Wheat Dinner Roll Fresh Orange</p>	<p>11</p> <p><b>Greek Cultural Celebration</b> <b>Chicken Kabobs</b> Couscous Greek Salad Fresh Zucchini w/ Red Peppers Baklava Pita Bread Salad Dressing</p>	<p>12</p> <p><b>Martin Luther King Day</b> <b>Meatloaf</b> Brown Gravy Whipped Potatoes Glazed Carrots Biscuit Peach Cobbler</p>
<p>15</p> <p><b>CENTER CLOSED</b></p> 	<p>16</p> <p><b>Pork Ribblett</b> BBQ Sauce Tator Tots Country Cottage Blend Applesauce Cherry Gelatin w/ Mixed Fruit</p>	<p>17</p> <p><b>Baked Salmon</b> Creole Sauce Rice Pilaf Green Peas &amp; Onions Spinach Romaine Salad Fresh Banana</p>	<p>18</p> <p><b>Breakfast Burrito</b> Rst. Red Potatoes Red/Gr Bell Peppers &amp; Onions Fresh Tangelo</p>	<p>19</p> <p><b>Pork Lo Mein</b> Lo Mein Noodles Broccoli &amp; Florets Pineapple Tidbits Oatmeal Cookie</p>
<p>22</p> <p><b>Baked Chicken Thigh (bone-in)</b> Marsala Sauce Cavatappi Pasta Brussels Sprouts Whole Kernel Corn Red Gelatin w/ Mixed Fruit</p>	<p>23</p> <p><b>Beef Pot Roast</b> Brown Gravy Lynnaise Potatoes Green Peas Fresh Tangerine Cookies &amp; Cream Fluff</p>	<p>24</p> <p><b>Baked Salmon</b> Dill Sauce Kidney Bean Salad Mixed Vegetables Whole Wheat Dinner Roll Fresh Orange</p>	<p>25</p> <p><b>Meatballs</b> Marinara Sauce Herbed Noodles Garden Vegetable Salad Breadsticks Golden Fruit Cup</p>	<p>26</p> <p><b>Creamy Mushroom Turkey Casserole</b> Broccoli &amp; Florets Carrots Peach Cobbler</p>
<p>29</p> <p><b>Cheese Omelet</b> Western Omelet Sauce Red Bliss Potatoes Red/Gr. Bell Peppers &amp; Onions Fresh Tangelo Biscuit</p>	<p>30</p> <p><b>Apple Farro Salad w/ Chicken</b> Carrot Slaw Fresh Orange Brownie Balsamic Vinigrette</p>	<p>31</p> <p><b>Baked Salmon</b> Basil Cream Sauce Broccoli &amp; Florets Spinach Romaine Salad Whole Wheat Dinner Roll Chocolate Pudding</p>	<p><b>Alternate Meal</b> Week 1: <b>Cream of Broccoli Soup w/Meatloaf Sandwich</b> Week 2: <b>Beef &amp; Barley Soup w/Sliced Turkey Sandwich</b> Week 3: <b>Split Green Pea Soup w/Sliced Roast Beef Sandwich</b> Week 4: <b>Hamburger Chili w/Sliced Turkey Sandwich</b> Week 5: <b>Ham &amp; Bean Soup w/Roast Beef Sandwich</b></p>	