

JANUARY MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

Items with ** contain pork or pork products. Menu items subject to change due to availability.

2 MONDAY



OFFICES CLOSED

3 TUESDAY

Chicken stuffed with Broccoli and Cheese with Roasted Potatoes, Mixed vegetables, a Whole Wheat Roll, and Fruit Cocktail

4 WEDNESDAY

Parmesan Crusted Tilapia with Edamame, Cauliflower, a Whole Grain Roll, and a Fresh Orange

5 THURSDAY

Steak Diane with Peas, Carrots, a Whole Wheat Roll, & Cinnamon Apples

6 FRIDAY

Chicken Salad with a Tomato Half, Carrot and Celery Sticks, a Croissant, and a Fresh Banana

9

Tortellini with Pork Meatballs**, Spinach, Wax Beans, a Whole Grain Bread Stick, and Birthday Cake

10

Shepard Pie with Mashed Potatoes, Mixed Vegetables, a Whole Wheat Roll, and Apple Sauce

11

Pork Stir Fry** over Brown Rice, Asian Blend Vegetables, with Snap Peas, and a Mandarin Orange

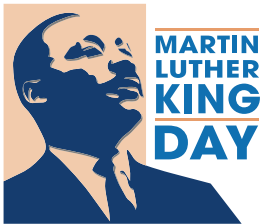
12

Balsamic Glazed Chicken, with Spinach, Cauliflower, a Whole Wheat Roll, and Pineapple

13

Beef Stroganoff with Mushrooms over Egg Noodles, with Carrots, Broccoli, Sliced Apples, and a Chocolate Chip Cookie

16



OFFICES CLOSED

17

Shrimp Alfredo over Whole Grain Pasta with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

18

Chef Salad (Turkey, Ham and Cheese)**, with Carrot & Celery Sticks, Tomatoes, a Whole Grain Breadstick, and a Fresh Pear

19

Turkey Meatball Sub Sandwich on a Hoagie Roll with French Fries Carrots, and a Fresh Apple

20

Sweet and Sour Pork** over Brown Rice, with Snap Peas, Grilled Vegetables, and Strawberries

23

Cod Fish Taco on a Whole Grain Tortilla, with Pinto beans, Stewed Tomatoes, & Cinnamon Peaches

24

Chicken Marsala with Spinach, Cauliflower, a Whole Grain Breadstick, and an Apple Crisp

25

Baked Potato with Cheese, Baby Carrots, Broccoli, a Whole Grain Roll, and Apricots

26

Beef Stew with Roasted Sweet Potatoes, Brussel Sprouts, a Whole Grain Roll, and a Fresh Apple

27

Sesame Chicken over Brown Rice, with Sliced Carrots, Green Beans, and Sliced Peaches

30

Pulled Pork Sandwich** on a Wheat Bun, with Spinach, Mashed Potatoes, and Mixed Berries

31

Tilapia with Dill, Corn, Broccoli & Cauliflowe a Whole Grain Roll, Sliced Pears, and a Blueberry Crisp

