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January



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31 New Years Eve	1 New Years Day Recipe idea – Start your New Year off right by using Refrigerated and Frozen strips to make healthy meals for you and your family.	2 Family idea – Game night. Play “Best Family Moment!” Visit EmbraceDinner.com for details.	3 Meal idea – Scrambled eggs with cheese and dried herbs served atop Tyson Maple & Brown Sugar Glazed Ham with a side of fruit salad
4 Look for a Tyson Refrigerated and Frozen strip FSI that offers you limited issue subscription offer from <i>Cooking Light</i> magazine.	5 	6	7 Meal idea – Tyson Beef Pot Roast in Gravy, steam-in-bag carrots, and tossed salad	8 	9 Family idea – Start collecting family recipes for your own personal cookbook. Visit EmbraceDinner.com for more family fun ideas.	10 Recipe idea – Tyson Chunk Chicken Breast (pouched) - Chicken Waldorf Salad
11 Dinner Vacation – Now that the family members have left town, take a vacation with your loved ones. Plan a meal inspired by Asia, including the Asian Chicken Stir Fry recipe using Tyson Frozen Fully-Cooked Chicken Strips. Eat it with chopsticks and serve fortune cookies for dessert.	12	13	14 	15 Meal idea – Tyson Beef Steak Tips in Bourbon Sauce, egg noodles and bakery corn bread or muffins	16	17 Recipe idea – Open Face Tyson Pork Roast with a side of Cheesy Garlic Mashed Potatoes
18 	19 Martin Luther King, Jr. Day	20 Family idea – Try the new recipes by Robin Miller on www.EmbraceDinner.com	21 	22 Meal idea – Make a fun appetizer for your family and serve Chicken Crescent Rolls.	23	24 Family idea – Game night. Play “Word Association.” Visit EmbraceDinner.com for details.
25 Meal idea – Tyson Beef Stew in a Bread Bowl	26	27 	28	29 Recipe idea – Tyson Diced Chicken Breast (Boxed) - Gingered Chicken Pitas	30	31 Look for great promotions coming in February at EmbraceDinner.com!

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