

# SWIRCA & More

## Nutrition Menu April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Meat/Entrée:</u> 2 ½ -3 oz</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>	<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted</p>			<p>1</p> <p>Pulled pork sandwich Baked beans Chips Fruit Pies</p>
<p>4</p> <p>BBQ Chicken Roasted Sweet Potatoes Broccoli Bread/Marg. Mixed Fruit Milk</p>	<p>5</p> <p>Smoked Pork Chop Garlic Diced Potatoes Green Beans w/Carrots Pineapple Chunks Bread/Marg. Milk</p>	<p>6</p> <p>Penne Pasta w/Meat Sauce Corn Spiced Peaches Texas Toast Milk</p>	<p>7</p> <p>Smoked Sausage Sauerkraut Mashed Potatoes Cinnamon Apples Wheat Bread/Marg. Milk</p>	<p>8</p> <p>Sloppy Joes Green beans Chips Birthday cake Ice cream</p>
<p>11</p> <p>Cheeseburger on Bun Baked Beans Cauliflower Pears Bread/Margarine Milk</p>	<p>12</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Carrots Snack Cake Bread/Margarine Milk</p>	<p>13</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit Spiced Apples Milk</p>	<p>14</p> <p>Oven Fried Chicken Root Vegetables Brussel Sprouts Pudding Milk</p>	<p>15</p> <p>Humana providing lunch. Thanks.</p>
<p>18</p> <p>Parmesan Chicken Baby Bakers Green Beans Bread/Marg Tropical Fruit Milk</p>	<p>19</p> <p>Ham &amp; Pinto Beans Pickled Beets Cornbread Fruit Crisp Milk</p>	<p>20</p> <p>Stuffed Chicken Red Skin Potatoes Broccoli Bread/Marg Apricots Milk</p>	<p>21</p> <p>BBQ Riblet on Bun Cheesy Potatoes Peas Pears Milk</p>	<p>22</p> <p>Ham Green beans Potatoes Desserts</p>
<p>25</p> <p>Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Fresh Fruit Milk</p>	<p>26</p> <p>Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread Peaches Milk</p>	<p>27</p> <p>Sloppy Joe on Bun Hash Brown Potato Zucchini Mandarin Oranges Milk</p>	<p>28</p> <p>BBQ Pork Chuckwagon Corn Spinach Applesauce Rye Bread Milk</p>	<p>29</p> <p>Pasta Garlic bread Salad Desserts</p>