

SWIRCA & More

April 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>3</p> <p>Penne Pasta w/Meat Sauce Italian Veggie Corn Tropical Fruit Texas Toast Milk</p> | <p>4</p> <p>Meatloaf w/Gravy Mashed Potatoes Peas Bread w/Marg Fresh Fruit Milk</p> | <p>5</p> <p>Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk</p> | <p>6</p> <p>Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread Milk</p> | <p>7</p> <p>Chicken casserole, salad, dessert</p> |
| <p>10</p> <p>Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk</p> | <p>11</p> <p>Country Fried Steak Strips Garlic Mashed Potatoes Broccoli Bread w/Marg Pineapple Chunks Milk</p> | <p>12</p> <p>Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk</p> | <p>13</p> <p>Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk</p> | <p>14</p> <p>Lunch provided by Atria</p> |
| <p>17</p> <p>Italian Chicken Pattie Seasoned Cabbage Vegetable Blend Bread/Marg Pudding Milk</p> | <p>18</p> <p>Chicken & Noodles Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p> | <p>19</p> <p>Manwich Sloppy Joe on Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk</p> | <p>20</p> <p>Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk</p> | <p>21</p> <p>Lunch provided by Humana</p> |
| <p>24</p> <p>Stuffed Green Pepper Italian Vegetables Cream Corn Tropical Fruit Bread/Marg Milk</p> | <p>25</p> <p>Chopped Steak w/Gravy Mashed Potatoes Peas Bread/Marg Peaches Milk</p> | <p>26</p> <p>Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk</p> | <p>27</p> <p>Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Bread/Marg Pudding Milk</p> | <p>28</p> <p>Lunch provided by Marlene Crenshaw. She's bringing fried chicken, mashed potatoes and green beans. We can fill in the rest.</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><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>Casserole:</u> 8oz</p> | <p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p> |

