

# SWIRCA & More

## Nutrition Menu December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<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 Chopped Steak w/Gravy Mashed Potatoes Brussel Sprouts Mixed Fruit Bread/Margarine Milk</p>	<p>2 <i>NEWBURGH SENIOR CENTER IS OPEN &amp; WE HAVE LUNCH EVERY WEDNESDAY, 11:30 AM. Today's lunch provided by Patti Rusche. Thanks.</i></p>	<p>3 Stuffed Green Pepper Cauliflower Peas Bread/Margarine Pineapple Chunks Milk</p>	<p>4 Fish Red Diced Potatoes Mixed Vegetables Peaches Wheat Bread/Marg Milk</p>
<p>7 BBQ Riblet on Bun Homemade Macaroni &amp; Cheese Vegetable Blend Pears Milk</p>	<p>8 Homemade Beef Stew Buttered Cabbage Biscuit Mandarin Oranges Milk</p>	<p>9 <i>NEWBURGH SENIOR CENTER IS OPEN &amp; WE HAVE LUNCH EVERY WEDNESDAY, 11:30 AM. Today's lunch is red and green food carry-in.</i></p>	<p>10 Parmesan Chicken Baby Bakers Carrots Bread/Margarine Fruit Crisp Milk</p>	<p>11 Chicken &amp; Noodles Stewed Tomatoes Warm Spiced Applesauce Roll/Margarine Milk</p>
<p>14 Cubed Pork Steak Red Skin Potatoes Broccoli Pears Milk</p>	<p>15 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk</p>	<p>16 <i>NEWBURGH SENIOR CENTER IS OPEN &amp; WE HAVE LUNCH EVERY WEDNESDAY, 11:30 AM. Today's lunch is provided by MSA Hospice. Thanks.</i></p>	<p>17 Chicken Pattie on English Muffin Cheesy Hominy Carrots Banana Milk</p>	<p>18 Penne Pasta w/Meat Sauce Italian Green Beans Texas Toast Warm Apples Milk</p>
<p>21 Beef &amp; Noodles Mashed Potatoes Warm Spiced Peaches Tomato Salad Wheat Bread/Marg Milk</p>	<p>22 Cream of Broccoli Soup Grilled Cheese Sandwich Spiced Applesauce Crackers (2) Lorna Doone Cookies Milk</p>	<p>23 <i>NEWBURGH SENIOR CENTER IS OPEN &amp; WE HAVE LUNCH EVERY WEDNESDAY, 11:30 AM. Today's lunch is catered In conjunction with our annual Christmas party.</i></p>	<p>24 CLOSED  CHRISTMAS  EVE</p>	<p>25 CLOSED  CHRISTMAS  DAY</p>
<p>28 Stuffed Chicken Sweet Potatoes Broccoli Bread/Margarine Pudding Milk</p>	<p>29 Smoked Pork Chop AuGratin Potatoes Peas Wheat Bread/Margarine Pears Milk</p>	<p>30 SWIRCA MEAL SITES ARE CLOSED ON WEDNESDAYS. HOWEVER, NEWBURGH SENIOR CENTER IS OPEN &amp; WE HAVE LUNCH EVERY WEDNESDAY, 11:30 AM.</p>	<p>31 Homemade Chili Peanut Butter &amp; Jelly Sandwiches Warm Spiced Apples Crackers (2) Fig Cookie Milk</p>	<p><u>Meat/Entrée:</u> 2 ½ -3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>