

# SWIRCA & More

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Carry-in for lunch. Bring a dish to share. NSC will provide the main dish.</p>	<p>3</p> <p>Hamburger on Bun Green Beans Stewed Tomatoes Raisins Milk</p>	<p>4</p> <p>Chicken Parmesan Baby Bakers Carrots Bread/Marg Tropical Fruit Milk</p>	<p>5</p> <p>Chili w/Beans Peanut Butter &amp; Jelly Sandwich Warm Spiced Apples Crackers(2) Fig Newtons Milk</p>	<p>6</p> <p>Lunch provided by John Smith: meatloaf, mashed potatoes, green beans</p>
<p>9</p> <p>Italian Chicken Pattie Italian Veggies Red Skin Potatoes Peaches Milk</p>	<p>10</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Breaded Tomatoes Bread/Marg Fruit Mix Milk</p>	<p>11</p> <p>Spaghetti w/Meat Sauce Italian Green Beans Texas Toast Salad w/Dsg. Warm Apples Milk</p>	<p>12</p> <p>BBQ Riblet on Bun Peas Country Blend Veg Mandarin Oranges Milk</p>	<p>13</p> <p>Lunch provided by Atria</p>
<p>16</p> <p>Potato soup, ham sandwiches, fruit</p> <p>M.L. KING BIRTHDAY SWIRCA Closed</p>	<p>17</p> <p>Quarter Pound Frank on Bun Cheesy Potatoes Festive Green Beans Snack Cake Milk</p>	<p>18</p> <p>Homemade Beef Stew Seasoned Cabbage Biscuit Peaches Milk</p>	<p>19</p> <p>Fish Homemade Macaroni &amp; Cheese California Blend Wheat Bread Fresh Orange Milk</p>	<p>20</p> <p>Lunch provided by Allen Gomoll: Lasagna, garlic bread, salad</p>
<p>23</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Cinnamon Applesauce Wheat Bread Milk</p>	<p>24</p> <p>Smoked Pork Chop Seasoned Green Beans Wheat Bread/Marg Oreo Cookies Milk</p>	<p>25</p> <p>Chicken &amp; Noodles Mashed Potatoes Tomato Salad Bread/Marg Pudding Cup Milk</p>	<p>26</p> <p>Cream of Broccoli Soup Grilled Cheese Sandwich Fruit Salad Snack Cake Crackers (2) Milk</p>	<p>27</p> <p>Winter picnic: Hot dogs, corn, chips, S'mores</p>
<p>30</p> <p>Hamburger on Bun Green Beans Stewed Tomatoes Raisins Milk</p>	<p>31</p> <p>Chicken Parmesan Baby Bakers Carrots Bread/Marg Tropical Fruit Milk</p>		<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</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>Meat/Entrée: 2 ½ -3 oz Veg/Salad/Dessert ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casseroles: 8oz</p>