

# SWIRCA & More

## Nutrition Menu January 2016

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><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>Casserole:</u> 8 oz</p>			<p>1 <b>Closed. Happy New Year!</b></p>
<p>4 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Pineapple Chunks Milk</p>	<p>5 Hamburger on Bun Chuckwagon Corn Spiced Peaches Oreos Milk</p>	<p>6 Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk</p>	<p>7 Pork Roast w/Gravy Baby Bakers Seasoned Cabbage Bread Applesauce Milk</p>	<p>8 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be vegetable soup and sandwiches.</p>
<p>11 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>12 Chopped Steak w/Gravy Mashed Potatoes Brussel Sprouts Mixed Fruit Bread/Marg Milk</p>	<p>13 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk</p>	<p>14 Pub Style Fish Red Diced Potatoes Mixed Vegetables Peaches Wheat Bread/Marg Milk</p>	<p>15 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Italian casserole, garlic bread &amp; salad.</p>
<p>18 <b>M.L. KING BIRTHDAY</b> <b>CLOSED</b></p>	<p>19 BBQ Riblet on Bun Homemade Macaroni &amp; Cheese Vegetable Blend Pears Milk</p>	<p>20 Homemade Beef Stew Buttered Cabbage Biscuit Mandarin Oranges Milk</p>	<p>21 Parmesan Chicken Baby Bakers Carrots Bread/Margarine Mixed Fruit Milk</p>	<p>22 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Chicken noodle soup and side surprises.</p>
<p>25 Cubed Pork Patty Red Skin Potatoes Broccoli Pears Bread Milk</p>	<p>26 Chicken Patty on English Muffin Cheesy Hominy Carrots Banana Milk</p>	<p>27 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk</p>	<p>28 Penne Pasta w/Meat Sauce Italian Green Beans Texas Toast Warm Apples Milk</p>	<p>29 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Papa John's Pizza and salad.</p>