

SWIRCA & More

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>BBQ Pork on Bun Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk</p>	<p>2</p> <p>Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Wheat Bread/Marg Milk</p>	<p>3</p> <p>2-Softshell Taco (1 ½ oz meat each) Black Beans Mexican Rice Cheese/Lettuce Cookie Milk</p>	<p>4</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Banana Milk</p>	<p>5</p> <p>Lunch sponsored By Cypress Grove</p>
<p>8</p> <p>Hamburger on Bun Baked Beans Brussel Spouts Fruit Milk</p>	<p>9</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread/Marg Snack Cake Milk</p>	<p>10</p> <p>Jambalaya (1 cup) Spiced Peaches Cornbread Toss Salad w/Dsg Milk</p>	<p>11</p> <p>Parmesan Chicken Baby Bakers Cauliflower Bread/Marg Fruit Crisp Milk</p>	<p>12</p> <p>Lunch sponsored by Atria</p>
<p>15</p> <p>Penne Pasta w/Meat Sauce Italian Veggie Corn Tropical Fruit Texas Toast Milk</p>	<p>16</p> <p>Meatloaf w/Gravy Mashed Potatoes Peas Bread w/Marg Fresh Fruit Milk</p>	<p>17</p> <p>Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk</p>	<p>18</p> <p>Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>19</p> <p>Lunch sponsored by Humana</p>
<p>22</p> <p>Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk</p>	<p>23</p> <p>Country Fried Steak Strips Garlic Mashed Potatoes Broccoli Bread w/Marg Pineapple Chunks Milk</p>	<p>24</p> <p>Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>25</p> <p>Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk</p>	<p>28</p> <p>Baked potato/ taco bar</p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY</p>	<p>30</p> <p>Italian Chicken Pattie Seasoned Cabbage Vegetable Blend Bread/Marg Pudding Milk</p>	<p>31</p> <p>Manwich Sloppy Joe on Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk</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 <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>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>