

SWIRCA & More

January 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| <p>1</p> <p>CLOSED</p> <p>NEW YEAR'S DAY</p> | <p>2</p> <p>Manwich Sloppy Joe on Bun Tri-Taters (2) Broccoli Mixed Fruit Milk</p> | <p>3</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk</p> | <p>4</p> <p>Fish Macaroni & Tomatoes Seasoned Green Beans Wheat Bread/Marg Mandarin Oranges Milk</p> | <p>5</p> <hr/> <p>NEWBURGH SERVING OWN MEAL</p> |
| <p>8</p> <p>Smoked Pork Chop Homemade Macaroni & Cheese California Blend Dessert Wheat Bread/Marg Milk</p> | <p>9</p> <p>Italian Chicken Pattie Baby Bakers Cauliflower Bread/Marg Pineapple Chunks Milk</p> | <p>10</p> <p>Chopped Steak w/Gravy Mashed Potatoes Peas & Carrots Bread/Marg Cookie Milk</p> | <p>11</p> <p>Ham & Beans Tomato Salad Cornbread Apple Cobbler Milk</p> | <p>12</p> <hr/> <p>NEWBURGH SERVING OWN MEAL</p> |
| <p>15</p> <p>NEWBURGH Ivy Café</p> <p>CLOSED</p> <p>ML KING, Jr Birthday</p> | <p>16</p> <p>BBQ Boneless Rib on Bun Cheesy Potatoes Stewed Tomatoes Pudding Milk</p> | <p>17</p> <p>Chili Mac (8 oz) Seasoned Cabbage Spiced Apples Cornbread Milk</p> | <p>18</p> <p>Cream of Broccoli Soup (8 oz) Grilled Cheese Sandwich Spiced Peaches Crackers Snack Cake Milk</p> | <p>19</p> <hr/> <p>NEWBURGH SERVING OWN MEAL</p> |
| <p>22</p> <p>Hamburger on Bun Red Skin Potatoes Seasoned Green Beans Mandarin Oranges Milk</p> | <p>23</p> <p>Onion Sage Chicken Mashed Potatoes Carrots Wheat Bread/Marg Peaches Milk</p> | <p>24</p> <p>BBQ Pork Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk</p> | <p>25</p> <p>Mini Smokie Links (6) Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk</p> | <p>26</p> <hr/> <p>NEWBURGH SERVING OWN MEAL</p> |
| <p>29</p> <p>Chicken Strips Homemade Macaroni & Cheese Vegetable Blend Pudding Cup Milk</p> | <p>30</p> <p>Salisbury Steak w/Gravy Mashed Potatoes French Style Green Beans Roll Pears Milk</p> | <p>31</p> <p>Chicken & Dumplings Carrots Bread/Marg Warm Spiced Peaches 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 1/2 - 3 oz</p> <p><u>Veg/Salad/Dessert:</u> 1/2 cup</p> <p>Margarine: 1 teaspoon Bread: 1 slice Milk: 1/4 pint Casserole: 8oz</p> | <p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p> |