

# SWIRCA & More

May 2018

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</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>	<p><b>1</b> Sausage Pattie Biscuit &amp; Gravy Fried Egg Fresh Fruit Milk</p>	<p><b>2</b> Soft Shell Tacos (1 ½ oz meat each) Mexican Rice Black Beans Cheese/Lettuce Snack Cake Milk</p>	<p><b>3</b> BBQ Pork Homemade Macaroni &amp; Cheese Vegetable Blend Rye Bread Mandarin Oranges Milk</p>	<p><b>4</b> MEAL SITES  CLOSED</p>
<p><b>7</b> Homemade Goulash Seasoned Green Beans Cornbread Pudding Cup Milk</p>	<p><b>8</b> Pork Patty w/Gravy Roasted Sweet Potatoes Carrots Bread/Marg Pineapple Chunks Milk</p>	<p><b>9</b> Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Bread/Marg Cookie Milk</p>	<p><b>10</b> Chicken Parmesan Baby Bakers Tomatoes w/Corn Bread/Marg Peaches Milk</p>	<p><b>11</b> MEAL SITES  CLOSED</p>
<p><b>14</b> Spaghetti w/Meat Sauce Italian Beans Buttered Corn Tropical Fruit Cup Texas Toast Milk</p>	<p><b>15</b> BBQ Chicken Cheesy Potatoes Spinach Rye Bread/Marg Pudding Milk</p>	<p><b>16</b> Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p><b>17</b> Quarter Pound Frank on Bun Mixed Vegetables Cauliflower Pears Milk</p>	<p><b>18</b> MEAL SITES  CLOSED</p>
<p><b>21</b> Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Strawberry Delight Cookie Milk</p>	<p><b>22</b> Sausage Pattie Fried Eggs Potatoes O'Brien Spiced Peaches Danish Milk</p>	<p><b>23</b> Italian Chicken Pattie Stewed Tomatoes Brussel Sprouts Bread/Margarine Pie Milk</p>	<p><b>24</b> Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread/Marg Mandarin Oranges Milk</p>	<p><b>25</b> MEAL SITES  CLOSED</p>
<p><b>28</b> Smoked Pork Chop Scalloped Potatoes Normandy Blend Veg Wheat Bread/Marg Pineapple Chunks Milk</p>	<p><b>29</b> Salisbury Steak w/Gravy Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p>	<p><b>30</b> Manwich Sloppy Joe on Bun Roasted Red Skin Potatoes Green Beans w/Carrots Mixed Fruit Cup Milk</p>	<p><b>31</b> Ham &amp; Beans Sweet n Sour Slaw Cornbread Fruit Crisp Milk</p>	<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>