

SWIRCA & More

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BBQ Riblet on Bun Homemade Macaroni & Cheese Brussel Spouts Cookies Milk</p>	<p>4</p> <p>Beef & Noodles Mashed Potatoes Spiced Peaches Bread/Margarine Cupcake Milk</p>	<p>5</p> <p>Oven Fried Chicken Mashed Sweet Potatoes Breaded Tomatoes Bread/Margarine Tropical Fruit Cup Milk</p>	<p>6</p> <p>Polish Sausage on Bun Tri-Tater (2) French Style Green Beans Pudding Cup Milk</p>	<p>7</p> <p>LUNCH BY CYPRESS GROVE</p>
<p>10</p> <p>Hamburger on Bun Chuckwagon Corn Baked Beans Mixed Fruit Cup Milk</p>	<p>11</p> <p>Stuffed Chicken Peas Cauliflower Bread/Margarine Pineapple Cup</p>	<p>12</p> <p>Country Fried Steak Garlic Potatoes Vegetable Blend Tropical Fruit Cup Bread/Margarine Milk</p>	<p>13</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit Spiced Warm Apples Milk</p>	<p>14</p> <p>LUNCH BY ATRIA</p>
<p>17</p> <p>Spaghetti w/Meat Sauce Italian Beans Texas Toast Spiced Peaches Milk</p>	<p>18</p> <p>Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Fresh Apple Milk</p>	<p>19</p> <p>Smoked Pork Chop Scalloped Potatoes Seasoned Green Beans Wheat Bread Pineapple Cup Milk</p>	<p>20</p> <p>Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Pudding Cup Milk</p>	<p>21</p> <p>CHRISTMAS LUNCH PLEASE MAKE YOUR RESERVATION BY DECEMBER 17</p>
<p>24</p> <p>CLOSED</p> <p>CHRISTMAS EVE</p> <p>HOLIDAY</p>	<p>25</p> <p>CLOSED</p> <p>CHRISTMAS DAY</p> <p>HOLIDAY</p>	<p>26</p> <p>Potato Crusted Fish Baked Beans Brussel Sprouts Applesauce Cup Wheat Bread/Margarine Milk</p>	<p>27</p> <p>Chicken & Noodles Seasoned Green Beans Spiced Peaches Bread/Margarine Milk</p>	<p>28</p> <p>LUNCH BY HAMILTON POINTE</p>
<p>31</p> <p>Italian Chicken Pattie Corn Broccoli Mixed Fruit Cup Bread/Margarine Milk</p>			<p>Operated by the SWIRCA & 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><u>Meat/Entrée:</u> 2 ½ - 3 oz</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>