

# SWIRCA & More

January 2019

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>Operated by the<br/>SWIRCA &amp; More<br/>Nutrition Program<br/>16 W. Virginia St<br/>Evansville, Indiana<br/>812-464-7807</p> | <p>1<br/><br/>CLOSED<br/><br/>NEW YEAR'S<br/><br/>HOLIDAY</p>  | <p>2<br/>Salisbury Steak<br/>w/Gravy<br/>Mashed Potatoes<br/>Vegetable Blend<br/>Applesauce Cup<br/>Milk</p>                            | <p>3<br/>Omelet<br/>Hash Brown Pattie<br/>Warm Spiced<br/>Apples<br/>Cinnamon Roll<br/>Milk</p>                                 | <p>4<br/><br/>Lunch provided<br/>by Cypress<br/>Grove</p>  |
| <p>7<br/>Lasagna Roll Up (2)<br/>Italian Vegetables<br/>Warm Spiced<br/>Peaches<br/>Texas Toast<br/>Milk</p>                      | <p>8<br/>Homemade Beef<br/>Stew<br/>Seasoned Cabbage<br/>Biscuit<br/>Mixed Fruit Cup<br/>Milk</p>                | <p>9<br/>BBQ Pork on Bun<br/>Cheesy Potatoes<br/>Mixed Vegetables<br/>Pears<br/>Milk</p>  | <p>10<br/>Ham &amp; Pinto Beans<br/>Spinach<br/>Cornbread<br/>Peach Cobbler<br/>Milk</p>  | <p>11<br/><br/>Lunch provided<br/>by Allen Gomell</p>  |
| <p>14<br/>BBQ Riblet on Bun<br/>Homemade Macaroni<br/>&amp; Cheese<br/>Brussel Sprouts<br/>Mandarin Oranges<br/>Milk</p>          | <p>15<br/>Beef &amp; Noodles<br/>Mashed Potatoes<br/>Spiced Peaches<br/>Bread/Margarine<br/>Cupcake<br/>Milk</p> | <p>16<br/>Oven Fried Chicken<br/>Mashed Sweet<br/>Potatoes<br/>Breaded Tomatoes<br/>Bread/Margarine<br/>Tropical Fruit Cup<br/>Milk</p> | <p>17<br/>Polish Sausage on<br/>Bun<br/>Tri-Tater (2)<br/>French Style Green<br/>Beans<br/>Pudding Cup<br/>Milk</p>             | <p>18<br/><br/>Lunch provided<br/>by the Islamic<br/>Center</p>  |
| <p>21<br/>MLK, Jr. Day<br/>Vegetable<br/>beef soup,<br/>crackers, cheese</p>  | <p>22<br/>Hamburger on Bun<br/>Chuckwagon Corn<br/>Baked Beans<br/>Mixed Fruit Cup<br/>Milk</p>                  | <p>23<br/>Stuffed Chicken<br/>Peas<br/>Cauliflower<br/>Bread/Margarine<br/>Pineapple Cup</p>  | <p>24<br/>Roast Beef w/Gravy<br/>Mashed Potatoes<br/>Seasoned Green<br/>Beans<br/>Cherry Crisp<br/>Bread/Margarine<br/>Milk</p> | <p>25<br/><br/>Lunch provided<br/>by Hamilton<br/>Pointe</p>   |
| <p>28<br/>Spaghetti w/Meat<br/>Sauce<br/>Italian Beans<br/>Texas Toast<br/>Spiced Peaches<br/>Milk</p>                            | <p>29<br/>Polish Sausage<br/>Mashed Potatoes<br/>Sauerkraut<br/>Rye Bread/Margarine<br/>Fresh Apple<br/>Milk</p> | <p>30<br/>Smoked Pork Chop<br/>Scalloped Potatoes<br/>Seasoned Green Beans<br/>Wheat Bread<br/>Pineapple Cup<br/>Milk</p>               | <p>31<br/>Sloppy Joe on Bun<br/>Homemade<br/>Macaroni &amp; Cheese<br/>Mixed Vegetables<br/>Pudding Cup<br/>Milk</p>            | <p>Your meal is provided on a donation basis,<br/>whatever you can afford to contribute.<br/>There is no set fee or charge. A suggested<br/>donation is \$3.50 per meal. Cash, checks,<br/>or Food Stamps are accepted<br/><u>Meat/Entrée:</u><br/>2 ½ - 3 oz<br/><u>Veg/Salad/Dessert</u><br/>½ cup<br/><u>Margarine:</u> 1 teaspoon<br/><u>Bread:</u> 1 slice<br/><u>Milk:</u> ½ pint<br/><u>Casseroles:</u> 8oz</p> |