

SWIRCA & More

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<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 <u>Veg/Salad/Dessert:</u> ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casseroles: 8oz</p>			<p>1</p> <p>Lunch is sponsored By Cypress Grove</p>
<p>4 Hamburger on Bun Chuckwagon Corn Baked Beans Mixed Fruit Cup Milk</p>	<p>5 Country Fried Steak Garlic Mashed Potatoes Gravy Vegetable Blend Bread/Margarine Tropical Fruit Cup Milk</p>	<p>6 <u>Ash Wednesday</u> Potato Crusted Fish Peas Cauliflower Pineapple Chunks Milk</p>	<p>7 Roast Beef w/Gravy Mashed Potatoes Seasoned Green Beans Cherry Crisp Bread/Margarine Milk</p>	<p>8</p> <p>Lunch is sponsored By Signature HealthCare</p>
<p>11 Spaghetti w/Meat Sauce Italian Green Beans Texas Toast Spiced Peaches Milk</p>	<p>12 Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Fresh Apple Milk</p>	<p>13 Manwich Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Pudding Cup Milk</p>	<p>14 <u>Nutrition Awareness Day</u> Chicken Cauliflower Casserole Vegetable & Pork Egg Roll Oriental Vegetable Blend Fortune Cookie Mandarin Oranges Milk</p>	<p>15</p> <p>Lunch is sponsored By the Islamic Center</p>
<p>18 Potato Crusted Fish Baked Beans Brussel Sprouts Bread/Margarine Applesauce Milk</p>	<p>19 Chicken and Noodles Seasoned Green Beans Mixed Fruit Roll/Margarine Milk</p>	<p>20 Chopped Steak w/Gravy Cheesy Potatoes Stewed Tomatoes Bread/Margarine Tropical Fruit Cup Milk</p>	<p>21 BBQ Chicken Sweet Potatoes Vegetable Blend Rye Bread/Margarine Cherry Ambrosia Milk</p>	<p>22</p> <p>Lunch is sponsored By Hamilton Pointe</p>
<p>25 Italian Chicken Pattie Corn Broccoli Mixed Fruit Bread/Margarine Milk</p>	<p>26 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Applesauce Cup Milk</p>	<p>27 Sliced Roast Pork w/Gravy Red Skin Potatoes Carrots Peaches Bread/Margarine Milk</p>	<p>28 Meatloaf w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Marg Mandarin Oranges Milk</p>	<p>29</p>