

# SWIRCA & More

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Spaghetti w/Meat Sauce Italian Green Beans Toss Salad w/Dsg Texas Toast Tropical Fruit Cup Milk</p>	<p>2</p> <p>Pork Poutine Casserole Brussel Sprouts Spiced Peaches Wheat Bread/Marg Milk</p>	<p>3</p> <p>Homemade Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Pear Cup Milk</p>	<p>4</p> <p>Grilled Chicken Pattie Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>5</p> <p><b>Lunch By Cypress Grove</b></p>
<p>8</p> <p>Country Fried Steak Garlic Mashed Potatoes Gravy Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>9</p> <p>Italian Chicken Pattie Baked Beans Broccoli Bread/Margarine Fresh Fruit Milk</p>	<p>10</p> <p>Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Gravy Peach Cup Danish Milk</p>	<p>11</p> <p>Hamburger on Bun Tri-Taters (2) French Style Green Beans Cookies Milk</p>	<p>12</p> <p><b>Lunch by Signature Health Care</b></p>
<p>15</p> <p>Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Mixed Fruit Cup Milk</p>	<p>16</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Cookie Bread/Margarine Milk</p>	<p>17</p> <p>BBQ Chicken Breast Cauliflower AuGratin Peas Rye Bread/Marg Peach Cup Milk</p>	<p>18</p> <p>Smoked Pork Chop Scalloped Potatoes California Blend Wheat Bread/Marg Cupcake Milk</p>	<p>19</p> <p><b>Lunch by the Islamic Center</b></p>
<p>22</p> <p>BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>23</p> <p>Chopped Steak w/Gravy Cheesy Potatoes Seasoned Green Bean Bread/Margarine Snack Cake Milk</p>	<p>24</p> <p>Beef &amp; Cabbage Bake Italian Veggies Corn Tropical Fruit Cup Bread/Marg Milk</p>	<p>25</p> <p>Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Marg Fresh Fruit Milk</p>	<p>26</p> <p><b>Lunch by Hamilton Pointe</b></p>
<p>29</p> <p>Chicken &amp; Noodles Mashed Potatoes Green Beans Bread/Marg Dessert Milk</p>	<p>30</p> <p>Pork Fritter w/Gravy Roasted Sweet Potatoes Broccoli Mixed Fruit Cup</p>	<p>Operated by the <b>SWIRCA &amp; More</b> 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 \$9.50 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 <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> Box</p>