

SWIRCA & More

May 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/Entree:</u> 2 1/2 - 3 oz <u>Veg/Salad/Dessert:</u> 1/2 cup Margarine: 1 teaspoon Bread: 1 slice Milk: 1/2 pint Casseroles: 8oz</p>	<p>1 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Warm Spiced Apples Milk</p>	<p>2 BBQ Pork Homemade Macaroni & Cheese Mixed Vegetables Rye Bread/Marg Mandarin Orange Cup Milk</p>	<p>3 Lunch sponsored by Cypress Grove</p>
<p>6 Chicken & Noodles Mashed Potatoes Green Beans Bread/Marg Dessert Milk</p>	<p>7 Newburgh Senior Center closed for Election Day</p>	<p>8 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Pudding Cup Bread/Marg Milk</p>	<p>9 Ham & Beans Spinach Cornbread Snack Cake Milk</p>	<p>10 Lunch sponsored by Signature Health Care</p>
<p>13 Lasagna Roll Ups (2) Italian Green Beans Toss Salad w/Dressing Tropical Fruit Salad Texas Toast Milk</p>	<p>14 Pork Poutine Brussel Sprouts Cinnamon Applesauce Wheat Bread/Marg Milk</p>	<p>15 Homemade Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Pear Cup Milk</p>	<p>16 Grilled Chicken Pattie Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>17 Lunch sponsored by the Islamic Center</p>
<p>20 Country Fried Steak Garlic Mashed Potatoes Gravy Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>21 Italian Chicken Pattie Baked Beans Broccoli Bread/Margarine Fresh Fruit Milk</p>	<p>22 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Peach Cup Danish Milk</p>	<p>23 Hamburger on Bun Tri-Taters (2) French Style Green Beans Cookies Milk</p>	<p>24 Lunch sponsored by Hamilton Pointe</p>
<p>27 CLOSED MEMORIAL DAY HOLIDAY</p>	<p>28 Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Mixed Fruit Cup Milk</p>	<p>29 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookie Milk</p>	<p>30 Smoked Pork Chop Scalloped Potatoes California Blend Vegetables Cupcake Bread/Margarine Milk</p>	<p>31 Lunch sponsored by Women's Club of Newburgh</p>

Remember, SWIRCA plans to start offering a chef salad to replace the printed lunch. Information will be shared on our web site and our Facebook page as soon as the release date is issued.