

SWIRCA & More

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<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>Meat/Entrée: 2 1/2 - 3 oz Vegetable/Dessert: 1/2 cup Margarine, 1 Teaspoon Bread: 1 slice Milk: 1/2 pint Custard/Sauce: 8oz</p>	<p>1 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookie Milk</p>	<p>2 BBQ Chicken Cauliflower AuGratin Peas Rye Bread/Marg. Peach Cup Milk</p>	<p>3 Smoked Pork Chop Scalloped Potatoes California Blend Veg Cup Cake Milk</p>	<p>4 Lunch By Cypress Grove</p>
<p>7 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Rye Bread/Margarine Milk</p>	<p>8 Penne Pasta w/Meat Sauce Italian Vegetables Texas Toast Warm Spiced Peaches Milk</p>	<p>9 Chicken & Noodles Mashed Potatoes Seasoned Green Beans Mixed Fruit Cup Bread/Margarine Milk</p>	<p>10 Chopped Steak w/Gravy Cheesy Potatoes Stewed Tomatoes Bread/Margarine Pear Cup Milk</p>	<p>11 Lunch by Living Word Sunday School class</p>
<p>14 Columbus Day Carry-in lunch NSC will provide the meat; you all bring side dishes</p>	<p>15 Salisbury Steak w/Gravy Mashed Potatoes Country Blend Veg Bread/Margarine Moon Pie Milk</p>	<p>16 Loaded Tots w/ Taco Meat Peas Pear Berry Crisp Bread/Margarine Milk</p>	<p>17 Meatloaf w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Margarine Mandarin Orange Cup Milk</p>	<p>18 Lunch by the Islamic Center</p>
<p>21 Chicken Patty Scalloped Potatoes Italian Beans Bread/Margarine Cookies Milk</p>	<p>22 Ham & Beans Spinach Cornbread/Margarine Snack Cake Milk</p>	<p>23 Smoky Links Potato Pancakes Country Gravy Southern Style Biscuit Flavored Applesauce Donut Hole Milk</p>	<p>24 Beef Stew Seasoned Cabbage Biscuit Peach Cup Milk</p>	<p>25 Lunch by Hamilton Pointe</p>
<p>28 BBQ Riblet on Bun Macaroni & Cheese Brussel Sprouts Applesauce Milk</p>	<p>29 Beef & Noodles Mashed Potatoes Green Beans Bread/Margarine Cupcake Milk</p>	<p>30 Hot Dog on Bun Baked Beans Tri Tater (2) Pudding Cup Milk</p>	<p>31 Onion Sage Chicken Mashed Sweet Potatoes Broccoli Mixed Fruit Cup Milk</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>