

# SWIRCA & More

November 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><u>Meat/Entree:</u> 2 1/2 - 3 oz</p> <p><u>Veg/Salad/Dessert:</u> 1 cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> 1/2 pint</p> <p><u>Casseroles:</u> 8oz</p>	<p>Operated by the <b>SWIRCA &amp; More</b> Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>			<p>1 <b>Lunch</b> By <b>Cypress Grove</b></p>
<p>4 Hamburger on Bun Tater Tots Pickled Beets Warm Spiced Peaches Milk</p>	<p>5 Sloppy Joe on Bun Baby Bakers Mixed Vegetables Fruit Cup Milk</p>	<p>6 Sliced Roast Beef w/Gravy Mashed Potatoes Peas &amp; Carrots Cherry Crisp Bread/Margarine Milk</p>	<p>7 Chicken Parmesan Corn Broccoli Bread/Margarine Cookies Milk</p>	<p>8 <b>Newburgh</b> <b>Senior Center</b> <b>Thanksgiving</b> <b>Lunch</b></p>
<p>11 <b>Veteran's Day</b> <b>SWIRCA is closed.</b> <b>We are open.</b> <b>Lunch is a</b> <b>pitch-in.</b></p>	<p>12 Meatballs w/Gravy Noodles Corn Pineapple Cup Milk</p>	<p>13 Country Fried Steak Garlic Mashed Potatoes Vegetable Blend Tropical Fruit Cup Bread/Margarine Milk</p>	<p>14 Grilled Chicken Fajitas w/Roasted Peppers &amp; Onions Fiesta Rice Black Beans Peach Cup Tortilla (2) Milk</p>	<p>15 <b>Lunch</b> by the <b>Islamic Center</b></p>
<p>18 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Rye Bread/Margarine Milk</p>	<p>19 Penne Pasta w/Meat Sauce Italian Vegetables Texas Toast Warm Spiced Peaches Milk</p>	<p>20 Chicken &amp; Noodles Mashed Potatoes Seasoned Green Beans Mixed Fruit Cup Bread/Margarine Milk</p>	<p>21 <u>Thanksgiving Lunch</u> Sliced Roast Turkey w/Gravy Homemade Dressing Sweet Potatoes Cranberry Salad Roll w/Margarine Pumpkin Pie Milk</p>	<p>22 <b>Lunch</b> by <b>Hamilton</b> <b>Pointe</b></p>
<p>25 Salisbury Steak w/Gravy Mashed Potatoes Country Blend Veg Bread/Margarine Moon Pie Milk</p>	<p>26 Loaded Tots w/ Taco Meat Peas Pear Berry Crisp Bread/Margarine Milk</p>	<p>27 Homemade Macaroni &amp; Cheese Broccoli Carrots Bread/Margarine Pineapple Cup Milk</p>	<p>28 CLOSED  THANKSGIVING  DAY</p>	<p>29 CLOSED  THANKSGIVING  HOLIDAY</p>