

SWIRCA & More

January 2020

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/Entrée:</u> 2 ½ - 3 oz</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>1</p> <p>CLOSED</p> <p>NEW YEAR'S DAY</p>	<p>2</p> <p>Chicken & Noodles Seasoned Green Beans Warm Spiced Apples Bread/Margarine Snack Cake Milk</p>	<p>3</p> <p>Lunch By Cypress Grove</p>
<p>6</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Moon Pie Milk</p>	<p>7</p> <p>Loaded Tots w/Taco Meat (1 cup) Peas Pearberry Crisp Milk</p>	<p>8</p> <p>Sliced Pork w/Gravy Roasted Potatoes Cauliflower Cookies Wheat Bread/Marg Milk</p>	<p>9</p> <p>Meatloaf w/Tomato Glaze Mashed Potatoes Seasoned Green Beans Bread/Margarine Mandarin Orange Cup Milk</p>	<p>10</p> <p>Pulled pork Sliders; slaw; Potato salad</p>
<p>13</p> <p>Chicken Patty Scalloped Potatoes Seasoned Green Beans Bread/Margarine Cookie Milk</p>	<p>14</p> <p>Ham & Beans (1 cup) Spinach Cornbread Snack Cake Milk</p>	<p>15</p> <p>Sausage Pattie Potato Pancake Country Gravy Southern Style Biscuit Gravy Donut Stix Milk</p>	<p>16</p> <p>Homemade Beef Stew (1 cup) Seasoned Cabbage Biscuit Peach Cup Milk</p>	<p>17</p> <p>Lunch by the Islamic Center</p>
<p>20 MLK Day SWIRCA is closed. We are open. Lunch is Vegetable beef soup. You can bring desserts and sides that go with soup.</p>	<p>21</p> <p>BBQ Riblet on Bun Homemade Macaroni & Cheese Brussel Sprouts Applesauce Cup Milk</p>	<p>22</p> <p>Beef w/Gravy Buttered Noodles Green Beans Bread/Marg Cupcake Milk</p>	<p>23</p> <p>Hot Dog on Bun Baked Beans Tri-Taters (2) Pudding Cup Milk</p>	<p>24</p> <p>Lunch by Hamilton Pointe</p>
<p>27</p> <p>Hamburger on Bun Tater Tots French Style Green Beans Peach Cup Milk</p>	<p>28</p> <p>Sloppy Joe on Bun (3oz) Baby Bakers Mixed Vegetables Fruit Cup Milk</p>	<p>29</p> <p>Sliced Roast Turkey w/Gravy Mashed Potatoes Peas & Carrots Cherry Crisp Bread/Margarine Milk</p>	<p>30</p> <p>Chicken Parmesan Corn Broccoli Bread/Margarine Cookies Milk</p>	<p>31</p> <p>Lunch by Woodlands</p>