

# SWIRCA & More

February 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 &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>			
<p>3 Meatballs w/ Gravy (6 each) Noodles Buttered Corn Bread/Marg Pineapple Cup Milk</p>	<p>4 Country Fried Steak Yams Vegetable Blend Bread/margarine Mandarin Orange Cup Milk</p>	<p>5 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>6 Grilled Chicken Fajitas w/Roasted Peppers &amp; Onions Fiesta Rice Black Beans Pear Cup Tortilla (2) Milk</p>	<p>7 Lunch by Cypress Grove</p>
<p>10 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Wheat Bread/Margarine Milk</p>	<p>11 Penne Pasta w/ Meat Sauce (1 cup) Italian Vegetables Texas Toast Warm Spiced Peaches Milk</p>	<p>12 Baked Chicken Buttered Noodles Green Beans Mixed Fruit Cup Bread/Margarine Milk</p>	<p>13 Chopped Steak w/Gravy Cheesy Potatoes Stewed Tomatoes Bread/Marg Pear Cup Milk</p>	<p>14 Baked potato bar Pulled pork, sour cream, broccoli, shredded cheese</p>
<p>17 Presidents' Day We're open. Pizza, salad, Fruit</p>	<p>18 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Moon Pie Milk</p>	<p>19 Loaded Tots w/Taco Meat (1 cup) Peas Fruit Crisp Milk</p>	<p>20 Meatloaf w/Tomato Glaze Mashed Potatoes Seasoned Green Beans Bread/Margarine Mandarin Orange Cup Milk</p>	<p>Free lunch Friday Lunch by the Islamic Center</p>
<p>24 Chicken Patty Scalloped Potatoes Seasoned Green Beans Bread/Margarine Cookie Milk</p>	<p>25 Mardi Gras! Pancakes, syrup Sausage, pysanki Wear your beads!</p>	<p>26 <u>Ash Wednesday</u> Potato Crusted Fish Macaroni &amp; Tomatoes Broccoli Wheat Bread Lemon Cookies Milk</p>	<p>27 Homemade Beef Stew (1 cup) Seasoned Cabbage Biscuit Peach Cup Milk</p>	<p>28 Lunch by Hamilton Pointe</p>