

SWIRCA & More

April 2020

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/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>1 BBQ Chicken on Bun Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>2 Meatloaf w/Glaze Mashed Potatoes Peas Wheat Bread/Margarine Peach Cup Milk</p>	<p>3 Hot Dog on Bun Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk</p>
<p>6 Potato Crusted Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Mandarin Oranges Milk</p>	<p>7 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Pineapple Cup Milk</p>	<p>8 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>9 Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk</p>	<p>10 CLOSED GOOD FRIDAY HOLIDAY</p>
<p>13 Smoked Pork Chop Scalloped Potatoes Carrots Wheat Bread/Marg Cupcake Milk</p>	<p>14 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>15 Italian Chicken Pattie Cauliflower AuGratin Peas Bread/Marg Peach Cup Milk</p>	<p>16 Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk</p>	<p>17 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>
<p>20 BBQ Boneless Riblet on Bun Cheesy Potatoes Spinach Bread/Margarine Pudding Cup Milk</p>	<p>21 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Marg Milk</p>	<p>22 Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk</p>	<p>23 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Marg Milk</p>	<p>24 Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Cup Milk</p>
<p>27 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p>28 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Mandarin Orange Cup Milk</p>	<p>29 Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Marg Pineapple Cup Milk</p>	<p>30 Sausage Pattie Country Gravy Biscuit Potato Pancakes Mixed Fruit Cup Milk</p>	