

SWIRCA & More

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Smoked Pork Chop Scalloped Potatoes Carrots Bread/Margarine Cupcake Milk</p>	<p>3 Salisbury Steak w/ Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookies Milk</p>	<p>4 Italian Chicken Patti Cauliflower AuGratin Peas Bread/Margarine Peach Cup Milk</p>	<p>5 Manwich Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk</p>	<p>6 Meatloaf Mashed Potatoes Green Beans Apple Pie Milk <u>Soup & Sandwich not available</u> And/or Free lunch Friday By Cypress Grove</p>
<p>9 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>10 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk</p>	<p>11 CLOSED FOR VETERAN'S DAY</p>	<p>12 Chopped Steak w/ Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk</p>	<p>13 Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Milk</p>
<p>16 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p>17 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Pudding Cup Milk</p>	<p>18 Chicken Fried Chick- en Garlic Mashed Pota- toes Brussel Sprouts Peach Cup Bread/Margarine Milk</p>	<p>19 <u>Thanksgiving Lunch</u> Sliced Turkey w/ Gvy Homemade Dressing Mashed Potatoes Cranberry Salad Dinner Roll Pumpkin Pie Milk <u>Must have a reservation</u> <u>Soup & Sandwich not</u> <u>available</u></p>	<p>20 Chili Mac (1 cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk And/or Free Lunch Friday by the Islamic Center of Evansville</p>
<p>23 Pork Pattie w/Gravy Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Cup Milk</p>	<p>24 BBQ Meatballs Baby Bakers Sugar Snap Peas Bread/Margarine Snack Cake Milk</p>	<p>25 Chicken & Noodles Garlic Mashed Pota- toes Brussel Sprouts Bread/Margarine Pineapple Cup Milk</p>	<p>26 CLOSED THANKSGIVING DAY</p>	<p>27 CLOSED THANKSGIVING HOLIDAY</p>
<p>30 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p>For the days we offer free lunches, please make your res- ervation by the Tues- day prior to the meal. Either call or email.</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 <u>Meat/Entrée:</u> 2 ½ - 3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ¼ pint <u>Casseroles:</u> 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>