

# SWIRCA & More

October 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 <b>SWIRCA &amp; More</b> Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p><b>Please note: On the Fridays when Newburgh Senior Center hosts a free lunch, the SWIRCA meal is still available at the usual price. You can get either or both meals.</b></p>	<p><b>1</b> Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk</p>	<p><b>2</b> Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Milk <b>and/or free lunch Friday by Cypress Grove</b></p>
<p><b>5</b> Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p><b>6</b> BBQ Pork on Bun Homemade Macaroni &amp; Cheese California Blend Pudding Cup Milk</p>	<p><b>7</b> Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Milk</p>	<p><b>8</b> Sausage Pattie Country Gravy Biscuit Potato Pancake Mixed Fruit Cup Milk</p>	<p><b>9</b> Chili Mac (1 cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk</p>
<p><b>12</b> <b>SWIRCA is closed for Columbus Day. No lunches will be served at Newburgh Senior Center.</b></p>	<p><b>13</b> Pork Pattie w/Gravy Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Cup Milk</p>	<p><b>14</b> Chicken &amp; Noodles Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk</p>	<p><b>15</b> Ham &amp; Beans Spinach Cornbread Pudding Cup Milk</p>	<p><b>16</b> BBQ Meatballs Baby Bakers Sugar Snap Peas Bread/Margarine Snack Cake Milk <b>and/or Free lunch Friday by the Islamic Center</b></p>
<p><b>19</b> Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p><b>20</b> Hard Boiled Egg Sausage Pattie Country Gravy Southern Style Biscuit Fruit Cup Milk</p>	<p><b>21</b> BBQ Chicken Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p><b>22</b> Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Peaches Milk</p>	<p><b>23</b> Hot Dog on Bun Baked Beans Cauliflower Pear Cup Milk</p>
<p><b>26</b> Potato Crusted Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread/Margarine Mandarin Oranges Milk</p>	<p><b>27</b> Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Pineapple Cup Bread/Margarine Milk</p>	<p><b>28</b> Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p><b>29</b> Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk</p>	<p><b>30</b> BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Margarine Mandarin Oranges Milk</p>