

SWIRCA & More

December 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>1 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>2 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>3 Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk</p>	<p>4 BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Margarine Mandarin Orange Cup Milk And/or Free Lunch Friday from Cypress Grove</p>
<p>7 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Margarine Milk</p>	<p>8 Salisbury Steak w/Gravy Mashed Potatoes Asparagus Bread/Margarine Cookies Milk</p>	<p>9 Italian Chicken Pattie Cauliflower AuGratin Peas Bread/Margarine Peach Cup Milk</p>	<p>10 Manwich Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk</p>	<p>11 Smoked Pork Chop Scalloped Potatoes Carrots Wheat Bread/Margarine Pecan Pie Milk And/or Free Lunch Friday from Heritage Woods of Newburgh</p>
<p>14 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>15 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk</p>	<p>16 Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk</p>	<p>17 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk</p>	<p>18 Chili Mac (1 cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk And/or Free Lunch Friday from the Islamic Temple of Evansville</p>
<p>21 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p>22 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Pudding Cup Milk</p>	<p>23 Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Peach Cup Bread/Margarine Milk</p>	<p>24 CLOSED CHRISTMAS EVE</p>	<p>25 CLOSED CHRISTMAS DAY</p>
<p>28 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p>29 Sausage Pattie Fried Egg Country Gravy Biscuit Potato Pancake Peach Cup Milk</p>	<p>30 BBQ Chicken Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>31 Chili Peanut Butter & Jelly Sandwich Crackers Fruit Cup Cookies Milk</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>

