

SWIRCA & More

January 2021

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>Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casserole: 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>For our Free Lunch Fridays, you can order the usual SWIRCA meal and pay for it and/or order the free meal provided by a donor organization.</p>		<p>1</p> <p>CLOSED</p> <p>NEW YEAR'S DAY</p>
<p>4</p> <p>Stuffed Green Pepper Cauliflower Cream Corn Wheat Bread/Margarine Milk</p>	<p>5</p> <p>Chicken Pattie Red Skin Potatoes Asparagus Bread/Margarine Pear Cup Milk</p>	<p>6</p> <p>Sausage Pattie Country Gravy Biscuit Hashe Browns Applesauce Cup Donut Stick Milk</p>	<p>7</p> <p>Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>8</p> <p>Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk</p> <p>Free Lunch Friday sponsored by Heritage Woods</p>
<p>11</p> <p>Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk</p>	<p>12</p> <p>Smoked Sausage Squash Medley Warm Applesauce Snack Cake Bread/Margarine Milk</p>	<p>13</p> <p>Italian Chicken Pattie Baked Potato Vegetable Blend Bread/Margarine Peach Cup Milk</p>	<p>14</p> <p>Homemade Beef Stew Cabbage Biscuit Homemade Peach Cobbler Milk</p>	<p>15</p> <p>Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Mixed Fruit Milk</p> <p>Free Lunch Friday by the Islamic Center</p>
<p>18</p> <p>CLOSED</p> <p>M.L. KING JR BIRTHDAY</p>	<p>19</p> <p>BBQ Pork on Bun Cheesy Potatoes Sugar Snap Peas Peach Cup Milk</p>	<p>20</p> <p>Baked Chicken Sweet Potatoes Peas Pineapple Cup Bread/Margarine Milk</p>	<p>21</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>22</p> <p>Tuna Casserole Corn Stewed Tomatoes Bread/Marg Chocolate Chip Cookie Milk</p> <p>Free Lunch Friday by Cypress Grove</p>
<p>25</p> <p>Smoked Pork Chop Homemade Macaroni & Cheese Carrots Wheat Bread/Marg Cupcake Milk</p>	<p>26</p> <p>Oven Fried Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk</p>	<p>27</p> <p>Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Rye Bread/Marg Milk</p>	<p>28</p> <p>Chicken Alfredo Vegetable Blend Warm Spice Peaches Wheat Bread/Marg Milk</p>	<p>29</p> <p>Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Wheat Bread/Marg Apricots Milk</p>

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