

# SWIRCA & More

## Nutrition Menu April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat/Entrée:</u> 2 $\frac{1}{2}$ -3 oz <u>Veg/Salad/Dessert</u> $\frac{1}{2}$ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> $\frac{1}{2}$ pint <u>Casseroles:</u> 8oz	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			1 Pulled pork sandwich Baked beans Chips Fruit Pies
4 BBQ Chicken Roasted Sweet Potatoes Broccoli Bread/Marg. Mixed Fruit Milk	5 Smoked Pork Chop Garlic Diced Potatoes Green Beans w/Carrots Pineapple Chunks Bread/Marg. Milk	6 Penne Pasta w/Meat Sauce Corn Spiced Peaches Texas Toast Milk	7 Smoked Sausage Sauerkraut Mashed Potatoes Cinnamon Apples Wheat Bread/Marg. Milk	8 Sloppy Joes Green beans Chips Birthday cake Ice cream
11 Cheeseburger on Bun Baked Beans Cauliflower Pears Bread/Margarine Milk	12 Salisbury Steak w/Gravy Mashed Potatoes Carrots Snack Cake Bread/Margarine Milk	13 Sausage Pattie Country Gravy Southern Style Biscuit Spiced Apples Milk	14 Oven Fried Chicken Root Vegetables Brussel Sprouts Pudding Milk	15 Humana providing lunch. Thanks.
18 Parmesan Chicken Baby Bakers Green Beans Bread/Marg Tropical Fruit Milk	19 Ham & Pinto Beans Pickled Beets Cornbread Fruit Crisp Milk	20 Stuffed Chicken Red Skin Potatoes Broccoli Bread/Marg Apricots Milk	21 BBQ Riblet on Bun Cheesy Potatoes Peas Pears Milk	22 Ham Green beans Potatoes Desserts
25 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Fresh Fruit Milk	26 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread Peaches Milk	27 Sloppy Joe on Bun Hash Brown Potato Zucchini Mandarin Oranges Milk	28 BBQ Pork Chuckwagon Corn Spinach Applesauce Rye Bread Milk	29 Pasta Garlic bread Salad Desserts