

# SWIRCA & More

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Penne Pasta w/Meat Sauce Italian Veggie Corn Tropical Fruit Texas Toast Milk	4 Meatloaf w/Gravy Mashed Potatoes Peas Bread w/Marg Fresh Fruit Milk	5 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk	6 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread Milk	7 Chicken casserole, salad, dessert
10 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk	11 Country Fried Steak Strips Garlic Mashed Potatoes Broccoli Bread w/Marg Pineapple Chunks Milk	12 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk	13 Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk	14 Lunch provided by Atria
17 Italian Chicken Pattie Seasoned Cabbage Vegetable Blend Bread/Marg Pudding Milk	18 Chicken & Noodles Mashed Potatoes Broccoli Cookie Bread/Marg Milk	19 Manwich Sloppy Joe on Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk	20 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk	21 Lunch provided by Humana
24 Stuffed Green Pepper Italian Vegetables Cream Corn Tropical Fruit Bread/Marg Milk	25 Chopped Steak w/Gravy Mashed Potatoes Peas Bread/Marg Peaches Milk	26 Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk	27 Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Bread/Marg Pudding Milk	28 Lunch provided by Marlene Crenshaw. She's bringing fried chicken, mashed potatoes and green beans. We can fill in the rest.
			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 $\frac{1}{2}$ - 3 oz <u>Vegetable/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	Operated by the <b>SWIRCA &amp; More</b> Nutrition Program 16 W. Virginia St Evansville, Indiana <b>812-464-7807</b>

