

SWIRCA & More

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Carry-in for lunch. Bring a dish to share. NSC will provide the main dish.	3 Hamburger on Bun Green Beans Stewed Tomatoes Raisins Milk	4 Chicken Parmesan Baby Bakers Carrots Bread/Marg Tropical Fruit Milk	5 Chili w/Beans Peanut Butter & Jelly Sandwich Warm Spiced Apples Crackers(2) Fig Newtons Milk	6 Lunch provided by John Smith: meatloaf, mashed potatoes, green beans
9 Italian Chicken Pattie Italian Veggies Red Skin Potatoes Peaches Milk	10 Salisbury Steak w/ Gravy Mashed Potatoes Breaded Tomatoes Bread/Marg Fruit Mix Milk	11 Spaghetti w/Meat Sauce Italian Green Beans Texas Toast Salad w/Dsg. Warm Apples Milk	12 BBQ Riblet on Bun Peas Country Blend Veg Mandarin Oranges Milk	13 Lunch provided by Atria
16 Potato soup, ham sandwiches, fruit M.L. KING BIRTHDAY SWIRCA Closed	17 Quarter Pound Frank on Bun Cheesy Potatoes Festive Green Beans Snack Cake Milk	18 Homemade Beef Stew Seasoned Cabbage Biscuit Peaches Milk	19 Fish Homemade Macaroni & Cheese California Blend Wheat Bread Fresh Orange Milk	20 Lunch provided by Allen Gomoll: Lasagna, garlic bread, salad
23 Smoked Sausage Mashed Potatoes Sauerkraut Cinnamon Applesauce Wheat Bread Milk	24 Smoked Pork Chop Seasoned Green Beans Wheat Bread/Marg Oreo Cookies Milk	25 Chicken & Noodles Mashed Potatoes Tomato Salad Bread/Marg Pudding Cup Milk	26 Cream of Broccoli Soup Grilled Cheese Sandwich Fruit Salad Snack Cake Crackers (2) Milk	27 Winter picnic: Hot dogs, corn, chips, S'mores
30 Hamburger on Bun Green Beans Stewed Tomatoes Raisins Milk	31 Chicken Parmesan Baby Bakers Carrots Bread/Marg Tropical Fruit Milk		Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	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 Meat/Entrée: 2 $\frac{1}{2}$ -3 oz Veg/Salad/Dessert $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint Casseroles: 8oz