

# SWIRCA & More

## Nutrition Menu January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
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>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> 8 oz			1  <b>Closed. Happy New Year!</b>
4 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Pineapple Chunks Milk	5 Hamburger on Bun Chuckwagon Corn Spiced Peaches Oreos Milk	6 Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk	7 Pork Roast w/Gravy Baby Bakers Seasoned Cabbage Bread Applesauce Milk	8 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be vegetable soup and sandwiches.
11 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	12 Chopped Steak w/Gravy Mashed Potatoes Brussel Sprouts Mixed Fruit Bread/Marg Milk	13 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk	14 Pub Style Fish Red Diced Potatoes Mixed Vegetables Peaches Wheat Bread/Marg Milk	15 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Italian casserole, garlic bread & salad.
18 M.L. KING BIRTHDAY CLOSED	19 BBQ Riblet on Bun Homemade Macaroni & Cheese Vegetable Blend Pears Milk	20 Homemade Beef Stew Buttered Cabbage Biscuit Mandarin Oranges Milk	21 Parmesan Chicken Baby Bakers Carrots Bread/Margarine Mixed Fruit Milk	22 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Chicken noodle soup and side surprises.
25 Cubed Pork Patty Red Skin Potatoes Broccoli Pears Bread Milk	26 Chicken Patty on English Muffin Cheesy Hominy Carrots Banana Milk	27 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	28 Penne Pasta w/Meat Sauce Italian Green Beans Texas Toast Warm Apples Milk	29 SWIRCA does not serve a meal on Fridays. However, we are open and will serve lunch. Today's menu will be Papa John's Pizza and salad.