

# SWIRCA & More

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Pork on Bun Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk	2 Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Wheat Bread/Marg Milk	3 2-Softshell Taco (1 $\frac{1}{2}$ oz meat each) Black Beans Mexican Rice Cheese/Lettuce Cookie Milk	4 Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Banana Milk	5  <b>Lunch sponsored By Cypress Grove</b>
8 Hamburger on Bun Baked Beans Brussel Spouts Fruit Milk	9 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread/Marg Snack Cake Milk	10 Jambalaya (1 cup) Spiced Peaches Cornbread Toss Salad w/Dsg Milk	11 Parmesan Chicken Baby Bakers Cauliflower Bread/Marg Fruit Crisp Milk	12  <b>Lunch sponsored by Atria</b>
15 Penne Pasta w/Meat Sauce Italian Veggie Corn Tropical Fruit Texas Toast Milk	16 Meatloaf w/Gravy Mashed Potatoes Peas Bread w/Marg Fresh Fruit Milk	17 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk	18 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	19  <b>Lunch sponsored by Humana</b>
22 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk	23 Country Fried Steak Strips Garlic Mashed Potatoes Broccoli Bread w/Marg Pineapple Chunks Milk	24 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk	25 Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk	28  <b>Baked potato/ taco bar</b>
29 CLOSED FOR MEMORIAL DAY  HOLIDAY	30 Italian Chicken Pattie Seasoned Cabbage Vegetable Blend Bread/Marg Pudding Milk	31 Manwich Sloppy Joe on Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk	<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 <math>\frac{1}{2}</math> -3 oz</p> <p><u>Veg/Salad/Dessert:</u> 1 cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> <math>\frac{1}{2}</math> pint</p> <p><u>Casseroles:</u> 1/2 cup</p>	<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>