

# SWIRCA & More

## Nutrition Menu November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cubed Pork Pattie Red Skin Potatoes Broccoli Pears Bread/Margarine Milk	3 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	4 SWIRCA MEAL SITES ARE CLOSED ON WEDNESDAYS. HOWEVER, NEWBURGH SENIOR CENTER IS OPEN & WE HAVE LUNCH EVERY WEDNESDAY.	5 Chicken Pattie on English Muffin Cheesy Hominy Carrots Banana Milk	6 Spaghetti w/Meat Sauce Italian Green Beans Texas Toast Warm Spiced Apples Milk
9 Beef & Noodles Mashed Potatoes Spiced Peaches Tomato Salad Bread/Margarine Milk	10 Oven Fried Chicken Mashed Sweet Potatoes Seasoned Green Beans Bread/Margarine Apricots Milk	11 SWIRCA MEAL SITES ARE CLOSED ON WEDNESDAYS. HOWEVER, NEWBURGH SENIOR CENTER IS OPEN & WE HAVE LUNCH EVERY WEDNESDAY.	12 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Bread/Margarine Mandarin Oranges Milk	13 Cream of Broccoli Soup Grilled Cheese Sandwich Spiced Peaches Cracker(2) Lorna Doone Cookies Milk
16 Chicken Cordon Bleu Sweet Potatoes Broccoli Bread/Margarine Pudding Milk	17 Smoked Pork Chop Au Gratin Potatoes Peas Wheat Bread/Marg Pears Milk	18 SWIRCA MEAL SITES ARE CLOSED ON WEDNESDAYS. HOWEVER, NEWBURGH SENIOR CENTER IS OPEN & WE HAVE LUNCH EVERY WEDNESDAY.	19 <u>Thanksgiving Lunch</u> Turkey w/Gravy Homemade Dressing Sweet Potatoes Cranberry Salad Roll Pumpkin Pie Must have reservations	20 Ham & Beans Spinach Cornbread Fresh Apple Milk
23 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Pineapple Chunks Milk	24 Sausage Pattie Country Gravy Biscuit Hash Brown Fresh Orange Milk	25 Thanksgiving lunch today is provided by Alonzo and Shirley Moore. Please sign the register to reserve a meal. Thanks, Alonzo and Shirley.	26 CLOSED THANKSGIVING DAY	27 CLOSED THANKSGIVING HOLIDAY
30 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk			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 1/2 - 3 oz <u>Veg/Salad/Dessert</u> 1/2 cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> 1 pint <u>Casseroles:</u> 8 oz