

SWIRCA & More

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED NEW YEAR'S DAY	2 Manwich Sloppy Joe on Bun Tri-Taters (2) Broccoli Mixed Fruit Milk	3 Sausage Pattie Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk	4 Fish Macaroni & Tomatoes Seasoned Green Beans Wheat Bread/Marg Mandarin Oranges Milk	5 NEWBURGH SERVING OWN MEAL
8 Smoked Pork Chop Homemade Macaroni & Cheese California Blend Dessert Wheat Bread/Marg Milk	9 Italian Chicken Pattie Baby Bakers Cauliflower Bread/Marg Pineapple Chunks Milk	10 Chopped Steak w/Gravy Mashed Potatoes Peas & Carrots Bread/Marg Cookie Milk	11 Ham & Beans Tomato Salad Cornbread Apple Cobbler Milk	12 NEWBURGH SERVING OWN MEAL
15 NEWBURGH Ivy Café CLOSED ML KING Jr Birthday	16 BBQ Boneless Rib on Bun Cheesy Potatoes Stewed Tomatoes Pudding Milk	17 Chili Mac (8 oz) Seasoned Cabbage Spiced Apples Cornbread Milk	18 Cream of Broccoli Soup (8 oz) Grilled Cheese Sandwich Spiced Peaches Crackers Snack Cake Milk	19 NEWBURGH SERVING OWN MEAL
22 Hamburger on Bun Red Skin Potatoes Seasoned Green Beans Mandarin Oranges Milk	23 Onion Sage Chicken Mashed Potatoes Carrots Wheat Bread/Marg Peaches Milk	24 BBQ Pork Chuckwagon Corn Broccoli Rye Bread/Marg Pineapple Chunks Milk	25 Mini Smokie Links (6) Country Gravy Southern Style Biscuit O'Brien Potatoes Fruit Milk	26 NEWBURGH SERVING OWN MEAL
29 Chicken Strips Homemade Macaroni & Cheese Vegetable Blend Pudding Cup Milk	30 Salisbury Steak w/Gravy Mashed Potatoes French Style Green Beans Roll Pears Milk	31 Chicken & Dumplings Carrots Bread/Marg Warm Spiced Peaches 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 $\frac{1}{2}$ - 3 oz <u>Veg/Salad/Dessert:</u> 1 cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> $\frac{1}{2}$ pint <u>Casseroles:</u> Box</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>