

SWIRCA & More

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Riblet on Bun Homemade Macaroni & Cheese Brussel Sprouts Cookies Milk	4 Beef & Noodles Mashed Potatoes Spiced Peaches Bread/Margarine Cupcake Milk	5 Oven Fried Chicken Mashed Sweet Potatoes Breaded Tomatoes Bread/Margarine Tropical Fruit Cup Milk	6 Polish Sausage on Bun Tri-Tater (2) French Style Green Beans Pudding Cup Milk	7 LUNCH BY CYPRESS GROVE
10 Hamburger on Bun Chuckwagon Corn Baked Beans Mixed Fruit Cup Milk	11 Stuffed Chicken Peas Cauliflower Bread/Margarine Pineapple Cup	12 Country Fried Steak Garlic Potatoes Vegetable Blend Tropical Fruit Cup Bread/Margarine Milk	13 Sausage Pattie Country Gravy Southern Style Biscuit Spiced Warm Apples Milk	14 LUNCH BY ATRIA
17 Spaghetti w/Meat Sauce Italian Beans Texas Toast Spiced Peaches Milk	18 Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Fresh Apple Milk	19 Smoked Pork Chop Scalloped Potatoes Seasoned Green Beans Wheat Bread Pineapple Cup Milk	20 Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Pudding Cup Milk	21 CHRISTMAS LUNCH PLEASE MAKE YOUR RESERVATION BY DECEMBER 17
24 CLOSED CHRISTMAS EVE HOLIDAY	25 CLOSED CHRISTMAS DAY HOLIDAY	26 Potato Crusted Fish Baked Beans Brussel Sprouts Applesauce Cup Wheat Bread/Margarine Milk	27 Chicken & Noodles Seasoned Green Beans Spiced Peaches Bread/Margarine Milk	28 LUNCH BY HAMILTON POINTE
31 Italian Chicken Pattie Corn Broccoli Mixed Fruit Cup Bread/Margarine Milk			Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	<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</p> <p><u>Veg/Salad/Dessert</u> $\frac{1}{2}$ cup</p> <p>Margarine: 1 teaspoon</p> <p>Bread: 1 slice</p> <p>Milk: $\frac{1}{2}$ pint</p> <p>Casseroles: 8oz</p>