

SWIRCA & More

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	1 CLOSED NEW YEAR'S HOLIDAY	2 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Applesauce Cup Milk	3 Omelet Hash Brown Pattie Warm Spiced Apples Cinnamon Roll Milk	4 Lunch provided by Cypress Grove
7 Lasagna Roll Up (2) Italian Vegetables Warm Spiced Peaches Texas Toast Milk	8 Homemade Beef Stew Seasoned Cabbage Biscuit Mixed Fruit Cup Milk	9 BBQ Pork on Bun Cheesy Potatoes Mixed Vegetables Pears Milk	10 Ham & Pinto Beans Spinach Cornbread Peach Cobbler Milk	11 Lunch provided by Allen Gomell
14 BBQ Riblet on Bun Homemade Macaroni & Cheese Brussel Sprouts Mandarin Oranges Milk	15 Beef & Noodles Mashed Potatoes Spiced Peaches Bread/Margarine Cupcake Milk	16 Oven Fried Chicken Mashed Sweet Potatoes Breaded Tomatoes Bread/Margarine Tropical Fruit Cup Milk	17 Polish Sausage on Bun Tri-Tater (2) French Style Green Beans Pudding Cup Milk	18 Lunch provided by the Islamic Center
21 MLK, Jr. Day Vegetable beef soup, crackers, cheese	22 Hamburger on Bun Chuckwagon Corn Baked Beans Mixed Fruit Cup Milk	23 Stuffed Chicken Peas Cauliflower Bread/Margarine Pineapple Cup	24 Roast Beef w/Gravy Mashed Potatoes Seasoned Green Beans Cherry Crisp Bread/Margarine Milk	25 Lunch provided by Hamilton Pointe
28 Spaghetti w/Meat Sauce Italian Beans Texas Toast Spiced Peaches Milk	29 Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Fresh Apple Milk	30 Smoked Pork Chop Scalloped Potatoes Seasoned Green Beans Wheat Bread Pineapple Cup Milk	31 Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Pudding Cup 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 Meat/Entrée: 2 $\frac{1}{2}$ -3 oz Veg/Salad/Dessert $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint Casseroles: 8oz