

SWIRCA & More

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<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 1/2 - 3 oz</p> <p><u>Veg/Salad/Dessert:</u> 1/2 cup Margarine 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> 1/2 pint</p> <p><u>Casseroles:</u> Box</p>			<p>1</p> <p>Lunch is sponsored By Cypress Grove</p>
<p>4</p> <p>Hamburger on Bun</p> <p>Chuckwagon Corn</p> <p>Baked Beans</p> <p>Mixed Fruit Cup</p> <p>Milk</p>	<p>5</p> <p>Country Fried Steak</p> <p>Garlic Mashed Potatoes</p> <p>Gravy</p> <p>Vegetable Blend</p> <p>Bread/Margarine</p> <p>Tropical Fruit Cup</p> <p>Milk</p>	<p>6</p> <p><u>Ash Wednesday</u></p> <p>Potato Crusted Fish</p> <p>Peas</p> <p>Cauliflower</p> <p>Pineapple Chunks</p> <p>Milk</p>	<p>7</p> <p>Roast Beef w/Gravy</p> <p>Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Cherry Crisp</p> <p>Bread/Margarine</p> <p>Milk</p>	<p>8</p> <p>Lunch is sponsored By Signature HealthCare</p>
<p>11</p> <p>Spaghetti w/Meat Sauce</p> <p>Italian Green Beans</p> <p>Texas Toast</p> <p>Spiced Peaches</p> <p>Milk</p>	<p>12</p> <p>Polish Sausage</p> <p>Mashed Potatoes</p> <p>Sauerkraut</p> <p>Rye Bread/Margarine</p> <p>Fresh Apple</p> <p>Milk</p>	<p>13</p> <p>Manwich Sloppy Joe on Bun</p> <p>Homemade Macaroni & Cheese</p> <p>Mixed Vegetables</p> <p>Pudding Cup</p> <p>Milk</p>	<p>14</p> <p><u>Nutrition Awareness Day</u></p> <p>Chicken Cauliflower Casserole</p> <p>Vegetable & Pork Egg Roll</p> <p>Oriental Vegetable Blend</p> <p>Fortune Cookie</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>15</p> <p>Lunch is sponsored By the Islamic Center</p>
<p>18</p> <p>Potato Crusted Fish</p> <p>Baked Beans</p> <p>Brussel Sprouts</p> <p>Bread/Margarine</p> <p>Applesauce</p> <p>Milk</p>	<p>19</p> <p>Chicken and Noodles</p> <p>Seasoned Green Beans</p> <p>Mixed Fruit</p> <p>Roll/Margarine</p> <p>Milk</p>	<p>20</p> <p>Chopped Steak w/Gravy</p> <p>Cheesy Potatoes</p> <p>Stewed Tomatoes</p> <p>Bread/Margarine</p> <p>Tropical Fruit Cup</p> <p>Milk</p>	<p>21</p> <p>BBQ Chicken</p> <p>Sweet Potatoes</p> <p>Vegetable Blend</p> <p>Rye Bread/Margarine</p> <p>Cherry Ambrosia</p> <p>Milk</p>	<p>22</p> <p>Lunch is sponsored By Hamilton Pointe</p>
<p>25</p> <p>Italian Chicken</p> <p>Pattie</p> <p>Corn</p> <p>Broccoli</p> <p>Mixed Fruit</p> <p>Bread/Margarine</p> <p>Milk</p>	<p>26</p> <p>Salisbury Steak w/Gravy</p> <p>Mashed Potatoes</p> <p>Vegetable Blend</p> <p>Applesauce Cup</p> <p>Milk</p>	<p>27</p> <p>Sliced Roast Pork w/Gravy</p> <p>Red Skin Potatoes</p> <p>Carrots</p> <p>Peaches</p> <p>Bread/Margarine</p> <p>Milk</p>	<p>28</p> <p>Meatloaf w/Gravy</p> <p>Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Bread/Marg</p> <p>Mandarin Oranges</p> <p>Milk</p>	<p>29</p>