

SWIRCA & More

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti w/Meat Sauce Italian Green Beans Toss Salad w/Dsg Texas Toast Tropical Fruit Cup Milk	2 Pork Poutine Casserole Brussel Sprouts Spiced Peaches Wheat Bread/Marg Milk	3 Homemade Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Pear Cup Milk	4 Grilled Chicken Pattie Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk	5 Lunch By Cypress Grove
8 Country Fried Steak Garlic Mashed Potatoes Gravy Seasoned Green Beans Bread/Margarine Pineapple Cup Milk	9 Italian Chicken Pattie Baked Beans Broccoli Bread/Margarine Fresh Fruit Milk	10 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Gravy Peach Cup Danish Milk	11 Hamburger on Bun Tri-Taters (2) French Style Green Beans Cookies Milk	12 Lunch by Signature Health Care
15 Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Mixed Fruit Cup Milk	16 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Cookie Bread/Margarine Milk	17 BBQ Chicken Breast Cauliflower AuGratin Peas Rye Bread/Marg Peach Cup Milk	18 Smoked Pork Chop Scalloped Potatoes California Blend Wheat Bread/Marg Cupcake Milk	19 Lunch by the Islamic Center
22 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk	23 Chopped Steak w/Gravy Cheesy Potatoes Seasoned Green Bean Bread/Margarine Snack Cake Milk	24 Beef & Cabbage Bake Italian Veggies Corn Tropical Fruit Cup Bread/Marg Milk	25 Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Marg Fresh Fruit Milk	26 Lunch by Hamilton Pointe
29 Chicken & Noodles Mashed Potatoes Green Beans Bread/Marg Dessert Milk	30 Pork Fritter w/Gravy Roasted Sweet Potatoes Broccoli Mixed Fruit Cup		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 \$9.50 per meal. Cash, checks, or Food Stamps are accepted.</p> <p><u>Meat/Entrée</u> 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 8 oz</p>