

# SWIRCA & More

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Operated by the SWIRCA &amp; More Nutrition Program</b>  <b>16 W. Virginia St</b>  <b>Evansville, Indiana</b>  <b>812-464-7807</b></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/Entree</u>  2 1/2 - 3 oz</p> <p><u>Vegetable/Dessert</u>  1/2 cup Margarine 1 teaspoon Bread 1 slice Milk 1/2 pint Casseroles 1/2 cup</p>	<p><u>1</u>  <b>Sausage Pattie</b>  <b>Hard-Boiled Egg</b>  <b>Country Gravy</b>  <b>Southern Style Biscuit</b>  <b>Warm Spiced Apples</b>  <b>Milk</b></p>	<p><u>2</u>  <b>BBQ Pork</b>  <b>Homemade</b>  <b>Macaroni &amp; Cheese</b>  <b>Mixed Vegetables</b>  <b>Rye Bread/Marg</b>  <b>Mandarin Orange</b>  <b>Cup</b>  <b>Milk</b></p>		<p><u>3</u></p> <p><b>Lunch sponsored by Cypress Grove</b></p>
<p><u>6</u>  <b>Chicken &amp; Noodles</b>  <b>Mashed Potatoes</b>  <b>Green Beans</b>  <b>Bread/Marg</b>  <b>Dessert</b>  <b>Milk</b></p>	<p><u>7</u>  <b>Newburgh Senior Center closed for Election Day</b></p>	<p><u>8</u>  <b>Stuffed Baked Potato w/Taco Meat</b>  <b>Broccoli</b>  <b>Shredded Cheese</b>  <b>Shredded Lettuce</b>  <b>Pudding Cup</b>  <b>Bread/Marg</b>  <b>Milk</b></p>	<p><u>9</u>  <b>Ham &amp; Beans</b>  <b>Spinach</b>  <b>Cornbread</b>  <b>Snack Cake</b>  <b>Milk</b></p>	<p><u>10</u></p> <p><b>Lunch sponsored by Signature Health Care</b></p>
<p><u>13</u>  <b>Lasagna Roll Ups (2)</b>  <b>Italian Green Beans</b>  <b>Toss Salad w/Dressing</b>  <b>Tropical Fruit Salad</b>  <b>Texas Toast</b>  <b>Milk</b></p>	<p><u>14</u>  <b>Pork Poutine</b>  <b>Brussel Sprouts</b>  <b>Cinnamon Applesauce</b>  <b>Wheat Bread/Marg</b>  <b>Milk</b></p>	<p><u>15</u>  <b>Homemade Meatloaf w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Peas</b>  <b>Bread/Margarine</b>  <b>Pear Cup</b>  <b>Milk</b></p>	<p><u>16</u>  <b>Grilled Chicken Pattie</b>  <b>Cheesy Potatoes</b>  <b>Buttered Carrots</b>  <b>Bread/Margarine</b>  <b>Pudding Cup</b>  <b>Milk</b></p>	<p><u>17</u></p> <p><b>Lunch sponsored by the Islamic Center</b></p>
<p><u>20</u>  <b>Country Fried Steak</b>  <b>Garlic Mashed Potatoes</b>  <b>Gravy</b>  <b>Seasoned Green Beans</b>  <b>Bread/Margarine</b>  <b>Pineapple Cup</b>  <b>Milk</b></p>	<p><u>21</u>  <b>Italian Chicken Pattie</b>  <b>Baked Beans</b>  <b>Broccoli</b>  <b>Bread/Margarine</b>  <b>Fresh Fruit</b>  <b>Milk</b></p>	<p><u>22</u>  <b>Sausage Pattie</b>  <b>Hard-Boiled Egg</b>  <b>Country Gravy</b>  <b>Southern Style Biscuit</b>  <b>Peach Cup</b>  <b>Danish</b>  <b>Milk</b></p>	<p><u>23</u>  <b>Hamburger on Bun</b>  <b>Tri-Taters (2)</b>  <b>French Style Green Beans</b>  <b>Cookies</b>  <b>Milk</b></p>	<p><u>24</u></p> <p><b>Lunch sponsored by Hamilton Pointe</b></p>
<p><u>27</u>  <b>CLOSED</b></p> <p><b>MEMORIAL DAY</b></p> <p><b>HOLIDAY</b></p>	<p><u>28</u>  <b>Manwich Sloppy Joe on Bun</b>  <b>Red Skin Potatoes</b>  <b>Sugar Snap Peas</b>  <b>Mixed Fruit Cup</b>  <b>Milk</b></p>	<p><u>29</u>  <b>Salisbury Steak w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Brussel Sprouts</b>  <b>Bread/Margarine</b>  <b>Cookie</b>  <b>Milk</b></p>	<p><u>30</u>  <b>Smoked Pork Chop</b>  <b>Scalloped Potatoes</b>  <b>California Blend Vegetables</b>  <b>Cupcake</b>  <b>Bread/Margarine</b>  <b>Milk</b></p>	<p><u>31</u></p> <p><b>Lunch sponsored by Women's Club of Newburgh</b></p>

Remember, SWIRCA plans to start offering a chef salad to replace the printed lunch. Information will be shared on our web site and our Facebook page as soon as the release date is issued.