

SWIRCA & More

June 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/Entree</u> 2 1/2 - 3 oz</p> <p><u>Veg/Salad/Dessert</u> 1/2 cup</p> <p><u>Margarine</u> 1 teaspoon</p> <p><u>Bread</u> 1 slice</p> <p><u>Milk</u> 1/2 pint</p> <p><u>Casseroles</u> 1/2 cup</p>				
<p>3 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>4 Chopped Steak w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Marg Snack Cake Milk</p>	<p>5 Cabbage Roll Mashed Potato Italian Vegetables Tropical Fruit Cup Bread/Marg Milk</p>	<p>6 Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Marg Fresh Fruit Milk</p>	<p>7 Lunch By Cypress Grove</p>
<p>10 Hamburger on Bun Corn Baked Beans Pear Cup Milk</p>	<p>11 Oven Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Marg Pineapple Cup Milk</p>	<p>12 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Warm Spiced Apples Milk</p>	<p>13 BBQ Pork Homemade Macaroni & Cheese Mixed Vegetables Rye Bread/Marg Mandarin Orange Cup Milk</p>	<p>14 Closed for remodeling</p>
<p>17 Chicken & Noodles Mashed Potatoes Green Beans Bread/Marg Moon Pie Milk</p>	<p>18 Pork Fritter w/Gravy Roasted Sweet Potatoes Broccoli Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>19 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Pudding Cup Bread/Marg Milk</p>	<p>20 Ham & Beans Spinach Cornbread Snack Cake Milk</p>	<p>21 Lunch by the Islamic Center</p>
<p>24 Lasagna Roll Ups (2) Italian Green Beans Toss Salad w/Dressing Tropical Fruit Salad Texas Toast Milk</p>	<p>25 Pork Poutine Brussel Sprouts Cinnamon Applesauce Wheat Bread/Marg Milk</p>	<p>26 Homemade Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Pear Cup Milk</p>	<p>27 Grilled Chicken Pattie Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>28 Lunch by Hamilton Pointe</p>