

SWIRCA & More

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY HOLIDAY	3 Hamburger on Bun Corn Baked Beans Pear Cup Milk	4 Oven Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk	5 BBQ Pork on Bun Homemade Macaroni & Cheese Mixed Vegetables Mandarin Oranges Milk	6 Lunch By Cypress Grove
9 Chicken & Noodles Mashed Potatoes Green Beans Cookie Bread/Margarine Milk	10 Pork Fritter w/Gravy Roasted Sweet Potatoes Asparagus Mixed Fruit Cup Bread/Margarine Milk	11 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Pudding Cup Milk	12 Ham & Beans Spinach Cornbread Snack Cake Milk	13 Lunch by Living Word Sunday School class
16 Spaghetti w/Meat Sauce Italian Green Beans Warm Spiced Peaches Cookies Texas Toast Milk	17 Pork Poutine Brussel Sprouts Cinnamon Applesauce Wheat Bread/Marg Milk	18 Smoked Sausage Mashed Potatoes Sauerkraut Bread/Marg Spiced Apples Milk	19 Grilled Chicken Patti Cheesy Potatoes Buttered Carrots Bread/Marg Cookies	20 Lunch by the Islamic Center
23 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk	24 Italian Chicken Pattie on Bun Baked Beans Broccoli Fresh Fruit Milk	25 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Peach Cup Danish Milk	26 Hamburger on Bun Tri Taters (2) French Style Green Beans Cookies Milk	27 PORKAPALOOZA LUNCH: Pulled pork sandwich, chips, soft drink \$5.00 Bake sale inside
30 Manwich Sloppy Joe on Bun Homemade Macaroni & Cheese Sugar Snap Peas Pudding Cup Milk			<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 <u>Veg/Salad/Dessert</u> 1/2 cup <u>Margarine</u>: 1 teaspoon <u>Bread</u>: 1 slice <u>Milk</u>: 1/2 pint <u>Casseroles</u>: 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>