

SWIRCA & More

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<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/Fritters:</u> 2 1/2 - 3 oz</p> <p><u>Veal/Salad/Basket:</u> 1 cup</p> <p>Margarine: 1 teaspoon Bread: 1 slice Milk: 1/2 pint Cookies: 8 oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>			<p>Lunch By Cypress Grove</p>
<p>4 Hamburger on Bun Tater Tots Pickled Beets Warm Spiced Peaches Milk</p>	<p>5 Sloppy Joe on Bun Baby Bakers Mixed Vegetables Fruit Cup Milk</p>	<p>6 Sliced Roast Beef w/Gravy Mashed Potatoes Peas & Carrots Cherry Crisp Bread/Margarine Milk</p>	<p>7 Chicken Parmesan Corn Broccoli Bread/Margarine Cookies Milk</p>	<p>8 Newburgh Senior Center Thanksgiving Lunch</p>
<p>11 Veteran's Day SWIRCA is closed. We are open. Lunch is a pitch-in.</p>	<p>12 Meatballs w/Gravy Noodles Corn Pineapple Cup Milk</p>	<p>13 Country Fried Steak Garlic Mashed Potatoes Vegetable Blend Tropical Fruit Cup Bread/Margarine Milk</p>	<p>14 Grilled Chicken Fajitas w/Roasted Peppers & Onions Fiesta Rice Black Beans Peach Cup Tortilla (2) Milk</p>	<p>15 Lunch by the Islamic Center</p>
<p>18 Polish Sausage Mashed Potatoes Sauerkraut Warm Applesauce Rye Bread/Margarine Milk</p>	<p>19 Penne Pasta w/Meat Sauce Italian Vegetables Texas Toast Warm Spiced Peaches Milk</p>	<p>20 Chicken & Noodles Mashed Potatoes Seasoned Green Beans Mixed Fruit Cup Bread/Margarine Milk</p>	<p>21 Thanksgiving Lunch Sliced Roast Turkey w/Gravy Homemade Dressing Sweet Potatoes Cranberry Salad Roll w/Margarine Pumpkin Pie Milk</p>	<p>22 Lunch by Hamilton Pointe</p>
<p>25 Salisbury Steak w/Gravy Mashed Potatoes Country Blend Veg Bread/Margarine Moon Pie Milk</p>	<p>26 Loaded Tots w/ Taco Meat Peas Pear Berry Crisp Bread/Margarine Milk</p>	<p>27 Homemade Macaroni & Cheese Broccoli Carrots Bread/Margarine Pineapple Cup Milk</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>
			<p>THANKSGIVING DAY</p>	<p>THANKSGIVING HOLIDAY</p>