

# SWIRCA & More

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</b>	<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/Entrée:</u> 2 <math>\frac{1}{2}</math> - 3 oz <u>Veg/Salad/Dessert</u> <math>\frac{1}{2}</math> cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> <math>\frac{1}{2}</math> pint <u>Casseroles:</u> 8oz</p>	1 BBQ Chicken on Bun Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk	2 Meatloaf w/Glaze Mashed Potatoes Peas Wheat Bread/Margarine Peach Cup Milk	3 Hot Dog on Bun Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk
6 Potato Crusted Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Mandarin Oranges Milk	7 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg Pineapple Cup Milk	8 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk	9 Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk	10 CLOSED GOOD FRIDAY HOLIDAY
13 Smoked Pork Chop Scalloped Potatoes Carrots Wheat Bread/Marg Cupcake Milk	14 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk	15 Italian Chicken Pattie Cauliflower AuGratin Peas Bread/Marg Peach Cup Milk	16 Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk	17 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk
20 BBQ Boneless Riblet on Bun Cheesy Potatoes Spinach Bread/Margarine Pudding Cup Milk	21 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Marg Milk	22 Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk	23 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Marg Milk	24 Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Cup Milk
27 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk	28 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Mandarin Orange Cup Milk	29 Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Marg Pineapple Cup Milk	30 Sausage Pattie Country Gravy Biscuit Potato Pancakes Mixed Fruit Cup Milk	