

# SWIRCA & More

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Smoked Pork Chop Scalloped Potatoes Carrots Bread/Margarine Cupcake Milk	3 Salisbury Steak w/ Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookies Milk	4 Italian Chicken Patti Cauliflower AuGratin Peas Bread/Margarine Peach Cup Milk	5 Manwich Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk	6 Meatloaf Mashed Potatoes Green Beans Apple Pie Milk <u>Soup &amp; Sandwich not available</u> <u>And/or Free lunch Friday</u> <u>By Cypress Grove</u>
9 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk	10 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk	11 CLOSED FOR VETERAN'S DAY	12 Chopped Steak w/ Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk	13 Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Milk
16 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk	17 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Pudding Cup Milk	18 Chicken Fried Chick- en Garlic Mashed Pot- atoes Brussel Sprouts Peach Cup Bread/Margarine Milk	19 <u>Thanksgiving Lunch</u> Sliced Turkey w/ Gvy Homemade Dressing Mashed Potatoes Cranberry Salad Dinner Roll Pumpkin Pie Milk <u>Must have a reservation</u> <u>Soup &amp; Sandwich not available</u>	20 Chili Mac (1 cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk <u>And/or</u> <u>Free Lunch Friday by the</u> <u>Islamic Center</u> <u>of Evansville</u>
23 Pork Pattie w/Gravy Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Cup Milk	24 BBQ Meatballs Baby Bakers Sugar Snap Peas Bread/Margarine Snack Cake Milk	25 Chicken & Noodles Garlic Mashed Pot- atoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk	26 <b>CLOSED</b> <b>THANKSGIVING</b> <b>DAY</b>	27 <b>CLOSED</b> <b>THANKSGIVING</b> <b>HOLIDAY</b>
30 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk	For the days we offer free lunches, please make your res- ervation by the Tues- day prior to the meal. Either call or email.		<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 ½ -3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u>1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>	Operated by the <b>SWIRCA &amp; More</b> <b>Nutrition Program</b> 16 W. Virginia St Evansville, Indiana 812-464-7807