

SWIRCA & More

October 2020

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/Entrée:</u> 2 $\frac{1}{2}$ - 3 oz <u>Veg/Salad/Dessert</u> $\frac{1}{2}$ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> $\frac{1}{2}$ pint <u>Casseroles:</u> 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>Please note: On the Fridays when Newburgh Senior Center hosts a free lunch, the SWIRCA meal is still available at the usual price. You can get either or both meals.</p>	<p>1 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk</p>	<p>2 Chicken Fiesta Rice Broccoli Soft Shell Tortilla Flavored Applesauce Milk and/or free lunch Friday by Cypress Grove</p>
<p>5 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p>6 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Pudding Cup Milk</p>	<p>7 Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Milk</p>	<p>8 Sausage Pattie Country Gravy Biscuit Potato Pancake Mixed Fruit Cup Milk</p>	<p>9 Chili Mac (1 cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk</p>
<p>12 SWIRCA is closed for Columbus Day. No lunches will be served at Newburgh Senior Center.</p>	<p>13 Pork Pattie w/Gravy Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Cup Milk</p>	<p>14 Chicken & Noodles Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk</p>	<p>15 Ham & Beans Spinach Cornbread Pudding Cup Milk</p>	<p>16 BBQ Meatballs Baby Bakers Sugar Snap Peas Bread/Margarine Snack Cake Milk and/or Free lunch Friday by the Islamic Center</p>
<p>19 Penne Pasta w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p>20 Hard Boiled Egg Sausage Pattie Country Gravy Southern Style Biscuit Fruit Cup Milk</p>	<p>21 BBQ Chicken Cheesy Potatoes Buttered Carrots Bread/Margarine Pudding Cup Milk</p>	<p>22 Meatloaf w/Gravy Mashed Potatoes Peas Bread/Margarine Peaches Milk</p>	<p>23 Hot Dog on Bun Baked Beans Cauliflower Pear Cup Milk</p>
<p>26 Potato Crusted Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Margarine Mandarin Oranges Milk</p>	<p>27 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Pineapple Cup Bread/Margarine Milk</p>	<p>28 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>29 Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Margarine Milk</p>	<p>30 BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Margarine Mandarin Oranges Milk</p>