

# SWIRCA & More

January 2021

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 <math>\frac{1}{2}</math> - 3 oz Veg/Salad/Dessert <math>\frac{1}{2}</math> cup Margarine: 1 teaspoon Bread: 1 slice Milk: <math>\frac{1}{2}</math> pint Casseroles: 8oz</p>	<p><b>Operated by the SWIRCA &amp; More Nutrition Program</b> 16 W. Virginia St Evansville, Indiana <b>812-464-7807</b></p>	<p><b>For our Free Lunch Fridays, you can order the usual SWIRCA meal and pay for it and/or order the free meal provided by a donor organization.</b></p>		<p><b>1</b> <b>CLOSED</b> <b>NEW YEAR'S</b> <b>DAY</b></p>
<p><b>4</b> Stuffed Green Pepper Cauliflower Cream Corn Wheat Bread/Margarine Milk</p>	<p><b>5</b> Chicken Pattie Red Skin Potatoes Aspargus Bread/Margarine Pear Cup Milk</p>	<p><b>6</b> Sausage Pattie Country Gravy Biscuit Hashe Browns Applesauce Cup Donut Stick Milk</p>	<p><b>7</b> Meatloaf Mashed Potatoes Carrots Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p><b>8</b> Chili w/Beans Baby Bakers Broccoli Crackers Pudding Cup Milk <b>Free Lunch Friday sponsored by Heritage Woods</b></p>
<p><b>11</b> Chicken &amp; Noodles Mashed Potatoes French Style Green Beans Bread/Marg Cookies Milk</p>	<p><b>12</b> Smoked Sausage Squash Medley Warm Applesauce Snack Cake Bread/Margarine Milk</p>	<p><b>13</b> Italian Chicken Pattie Baked Potato Vegetable Blend Bread/Margarine Peach Cup Milk</p>	<p><b>14</b> Homemade Beef Stew Cabbage Biscuit Homemade Peach Cobbler Milk</p>	<p><b>15</b> Sloppy Joe on Bun Homemade Macaroni &amp; Cheese Mixed Vegetables Mixed Fruit Milk <b>Free Lunch Friday by the Islamic Center</b></p>
<p><b>CLOSED</b> <b>M.L. KING JR</b> <b>BIRTHDAY</b></p>	<p><b>19</b> BBQ Pork on Bun Cheesy Potatoes Sugar Snap Peas Peach Cup Milk</p>	<p><b>20</b> Baked Chicken Sweet Potatoes Peas Pineapple Cup Bread/Margarine Milk</p>	<p><b>21</b> Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p><b>22</b> Tuna Casserole Corn Stewed Tomatoes Bread/Marg Chocolate Chip Cookie Milk <b>Free Lunch Friday by Cypress Grove</b></p>
<p><b>25</b> Smoked Pork Chop Homemade Macaroni &amp; Cheese Carrots Wheat Bread/Marg Cupcake Milk</p>	<p><b>26</b> Oven Fried Chicken Sweet Potatoes Broccoli Wheat Bread/Marg Pineapple Cup Milk</p>	<p><b>27</b> Polish Sausage on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Rye Bread/Marg Milk</p>	<p><b>28</b> Chicken Alfredo Vegetable Blend Warm Spice Peaches Wheat Bread/Marg Milk</p>	<p><b>29</b> Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Wheat Bread/Marg Apricots Milk</p>

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