

# SWIRCA & More

April  
2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Polish Sausage Mashed Potatoes Sauerkraut Applesauce Wheat Bread/Marg Milk	4 Meatloaf Sandwich Twice Stuffed Potato Three Bean Salad Spiced Peaches Milk	5 Omelet Hash Brown Pattie Biscuit Pear Cup Yogurt	6 BBQ Chicken Baked Beans Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk	7 Philly Cheesesteak on Bun Tator Tots Broccoli Mandarin Oranges Milk
10 Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk	11 Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	12 Ham & Beans (1 cup) Spinach Cornbread Pudding Cup Milk	13 Chicken & Dumplings Normandy Blend Warm Spiced Apples Dinner Roll Snack Cake Milk	14 Chili Crackers Peanut Butter & Jelly Sandwiches Broccoli Fruit Cup Milk
17 Spaghetti w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk	18 Baked Chicken Garlic Mashed Potatoes California Blend Wheat Bread/Marg Tropical Fruit Cup Milk	19 BBQ Pork on Bun Baked Beans Stewed Tomatoes Snack Cake Milk	20 CLOSED FOR STAFF TRAINING	21 Meatballs w/Gravy Rice Pilaf Carrots Dinner Roll Fig Newton Milk
24 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	25 Smoked Pork Chop Scalloped Potatoes Brussel Sprouts Wheat Bread/Marg Pudding Cup Milk	26 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk	27 Sliced Roast Turkey w/Gravy Mashed Potatoes Lima Beans Wheat Bread/Marg Pudding Cup Milk	28 Quarter Pound Frank on Bun Homemade Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk
				Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807