

SWIRCA & More

November 2018

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 ½ - 3 oz</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>	<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>		<p>1 Roast Beef w/Gravy Mashed Potatoes Seasoned Green Beans Cobbler or Crisp Bread/Margarine Milk</p>	<p>2 Sausage Pattie Hard-Boiled Egg Hash Brown Pattie Warm Spiced Apples Muffin/Margarine Milk</p>
<p>5 Spaghetti w/Meat Sauce Italian Beans Texas Toast Spiced Peaches Milk</p>	<p>6 Polish Sausage Mashed Potatoes Sauerkraut Rye Bread/Margarine Fresh Apple Milk</p>	<p>7 Smoked Pork Chop Scalloped Potatoes Seasoned Green Beans Wheat Bread Pineapple Cup Milk</p>	<p>8 Sloppy Joe on Bun Homemade Macaroni & Cheese Mixed Vegetables Pudding Cup Milk</p>	<p>9 Pizza Buttered Corn Pear Berry Crisp Lettuce Salad w/Dressing Milk</p>
<p>12 CLOSED VETERAN'S DAY HOLIDAY</p>	<p>13 Potato Crusted Fish Baked Beans Brussel Sprouts Applesauce Cup Wheat Bread/Margarine Milk</p>	<p>14 Chicken & Noodles Seasoned Green Beans Spiced Peaches Bread/Margarine Milk</p>	<p>15 <u>Thanksgiving Lunch</u> Roast Turkey w/Gravy Homemade Dressing Sweet Potatoes Cranberry Salad Roll Pumpkin Pie Milk <u>Must have Reservations!!</u></p>	<p>16 Chili w/Meat Peanut Butter & Jelly Sandwich Warm Spiced Apples Crackers (4 ea) Cookie Milk</p>
<p>19 Italian Chicken Pattie Corn Broccoli Mixed Fruit Cup Bread/Margarine Milk</p>	<p>20 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Applesauce Cup Milk</p>	<p>21 Omelet Hash Brown Pattie Warm Spiced Apples Cinnamon Roll Milk</p>	<p>22 CLOSED THANKSGIVING DAY</p>	<p>23 CLOSED THANKSGIVING HOLIDAY</p>
<p>26 Lasagna Roll ups (2) Italian Vegetables Spiced Peaches Texas Toast Milk</p>	<p>27 Homemade Beef Stew Seasoned Cabbage Biscuit Mixed Fruit Milk</p>	<p>28 BBQ Pork on Bun Cheesy Potatoes Mixed Vegetables Pears Milk</p>	<p>29 Ham & Beans Spinach Cornbread Peach Cobbler Milk</p>	<p>30 Onion Sage Chicken Scalloped Potatoes Seasoned Green Beans Strawberry Filled Cookie Wheat Bread/Margarine Milk</p>