

# SWIRCA & More

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the <b>SWIRCA &amp; More</b> Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<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>1 Chili Mac (1cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk</p>
<p>4 Sweet &amp; Sour Chicken Rice Pilaf Buttered Carrots Wheat Bread/Marg Mandarin Oranges Milk</p>	<p>5 Pork Pattie w/Gravy Sweet Potatoes Broccoli Bread/Marg Mixed Fruit Cup Milk</p>	<p>6 Chicken &amp; Noodles Seasoned Green Beans Warm Spiced Applesauce Bread/Marg Cookies Milk</p>	<p>7 Ham &amp; Beans Spinach Cornbread Pudding Cup Milk</p>	<p>8 BBQ Meatballs Baby Bakers Sugar Snap Peas Bread/Marg Snack Cake Milk</p>
<p>11 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Milk</p>	<p>12 Sausage Patti Country Gravy Biscuit Potato Pancake Peach Cup Milk</p>	<p>13 BBQ Chicken Cheesy Potatoes Buttered Carrots Bread/Marg Pudding Cup Milk</p>	<p>14 Meatloaf Mashed Potatoes Peas Wheat Bread/Marg Mixed Fruit Milk</p>	<p>15 Hot Dog on Bun Mixed Vegetables Cauliflower Pear Cup Milk</p>
<p>18 Potato Crusted Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread/Marg Mandarin Oranges Milk</p>	<p>19 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>20 Sausage Pattie Country Gravy Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>21 Chicken Pattie Baby Bakers Stewed Tomatoes Fruit Cup Bread/Marg Milk</p>	<p>22 BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Marg Mandarin Oranges Milk</p>
<p>25 CLOSED  MEMORIAL DAY  HOLIDAY</p>	<p>29 Smoked Pork Chop Scalloped Potatoes Carrots Wheat Bread/Margarine Cupcake Milk</p>	<p>27 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookies Milk</p>	<p>28 Sloppy Joe on Bun Red Skin Potatoes Broccoli Snack Cake Milk</p>	<p>29 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>