

SWIRCA & More

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807			1 Chili Mac Mashed Potatoes Cornbread Brownie Milk	2 CLOSED GOOD FRIDAY HOLIDAY
5 Polish Sausage Mashed Potatoes Sauerkraut Pudding Rye Bread/Margarine Milk	6 Meatloaf Sandwich Twiced Stuffed Potatoes Three Bean Salad Spiced Peaches Milk	7 Omelet Hash Brown Pattie Biscuit Yogurt Fresh Fruit	8 BBQ Chicken on Bun Baked Beans Chuckwagon Corn Applesauce Cup Milk	9 Philly Cheesesteak on Bun Tater Tots French Style Green Beans Mandarine Orange Cup Milk
12 Salisbury Steak w/Gravy Mashed Potatoes Carrots Peach Cup Wheat Bread/Marg Milk	13 Vegetable Lasagna Italian Beans Spiced Apples Texas Toast Flavored Craisins Milk	14 Ham & Beans Spinach Cornbread Snack Cake Milk Special Fried Chicken Lunch for Ivy Café only. <u>Must have a Reservation</u> Call 812-464-7807	15 Loaded Baked Potato w/Taco Meat Broccoli Cheese Sour Cream/Butter Bread Stick Brownie Milk	16 Potato Crusted Fish Macaroni & Cheese Green Beans Wheat Bread/Marg Cookies Milk
19 Penne Pasta w/Meat Sauce Cauliflower Warm Spiced Applesauce Texas Toast Milk	20 Hawiiian Chicken Breast Baby Bakers California Blend Roll Tropical Fruit Salad Milk	21 BBQ Pork on Bun Baked Beans Tomatoes & Corn Pie Milk	22 Sweet & Sour Turkey Rice Stir Fry Veggies Wheat Bread/Marg Pineapple Cup Milk	23 Bacon, Lettuce, Tomato & Egg Sandwich Potato Cake Warm Fruit Snack Cake Milk
26 Hamburger on Bun Potato Wedges Creamed Corn Jello w/Fruit Milk	27 Smoked Pork Chop Scalloped Potatoes Broccoli w/Cheese Pudding Wheat Bread/Marg Milk	28 Chicken Parmesan Baby Bakers Cauliflower Pear Cup Wheat Bread/Marg Milk	29 Vegetable Pasta Alfredo French Style Green Beans Fruit Crisp Wheat Bread/Marg Milk	30 Chili Dog Macaroni & Cheese Sugar Snap Peas Fresh Fruit Milk

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

Meat/Entrée: 2 ½ - 3 oz Veg/Salad/Dessert ½ cup Margarine: 1 teaspoon Bread: 1 slice Milk: ½ pint Casseroles: 8oz