

# SWIRCA & More

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>				<p>1 Potato Crusted Fish Macaroni &amp; Tomatoes Seasoned Green Beans Wheat Bread/Marg Cookie Milk</p>
<p>4 Spaghetti w/Meat Sauce Italian Vegetables Warm Spiced Apples Texas Toast Tropical Fruit Cup Milk</p>	<p>5 Chicken &amp; Waffles w/Syrup Fruit Compote Orange Juice Milk</p>	<p>6 BBQ Chicken on Bun Homemade Macaroni &amp; Cheese California Blend Strawberry Applesauce Milk</p>	<p>7 Navy Beans Oven Fried Potatoes Cream Style Corn Cornbread Fruit Cup Milk</p>	<p>8 Potato Crusted Fish Scalloped Potatoes Broccoli Wheat Bread/Marg Pudding Cup Milk</p>
<p>11  CLOSED  COLUMBUS DAY  HOLIDAY</p>	<p>12 Stuffed Pepper Cauliflower Corn Bread/Marg Brownie Milk</p>	<p>13 Chicken Pattie Red Skin Potatoes Asparagus Bread/Marg Pear Cup Milk</p>	<p>14 Meatloaf Mashed Potatoes w/Gravy Carrots Wheat Bread/Marg Mixed Fruit Milk</p>	<p>15 Chili w/Beans Baby Bakers Broccoli Crackers Pudding Milk</p>
<p>18 Chicken &amp; Noodles Mashed Potatoes Green Beans Bread/Marg Cookie Milk</p>	<p>19 Smoked Sausage Red Skin Potatoes Squash Medley Dinner Roll Snack Cake Milk</p>	<p>20 Italian Chicken Pattie Baked Potato Sour Cream/Marg Vegetable Blend Bread/Marg Peach Cup Milk</p>	<p>21 Homemade Beef Stew Seasoned Cabbage Southern Style Biscuit Peach Cobbler Milk</p>	<p>22 Manwich Sloppy Joe on Bun Homemade Macaroni &amp; Cheese Mixed Vegetables Fruit Cup Milk</p>
<p>25 Turkey Manhattan Mashed Potatoes w/Gravy French Style Green Beans Bread/Marg Mandarin Oranges Milk</p>	<p>26 BBQ Pork on Bun Cheesy Potatoes Carrots Peach Cup Milk</p>	<p>27 Baked Chicken Rice Pilaf Peas Bread/Marg Pineapple Cup Milk</p>	<p>28 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Marg Cookie Milk</p>	<p>29 Tuna Casserole Corn Stewed Tomatoes Bread/Marg Applesauce Milk</p>

Q