



SWIRCA & More



April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

2 Spaghetti w/Meat Sauce
Italian Green Beans
Buttered Corn
Texas Toast
Tropical Fruit
Milk

3 BBQ Chicken
Cheesy Potatoes
Spinach
Rye Bread/Margarine
Pudding
Milk

4 Meatloaf w/Gravy
Mashed Potatoes
Peas
Bread/Margarine
Fresh Fruit
Milk

5 Quarter Pound Frank on Bun
Mixed Vegetables
Cauliflower
Pears
Milk

9 Country Fried Steak
Garlic Mashed Potatoes
Broccoli
Bread/Marg
Strawberry Delight
Cookie
Milk

10 Sausage Pattie
Fried Eggs
Potatoes O'Brien
Spiced Peaches
Danish
Milk

11 Italian Chicken Pattie
Stewed Tomatoes
Brussel Sprouts
Bread/Margarine
Pie
Milk

12 Fish
Homemade Macaroni & Cheese
Vegetable Blend
Wheat Bread/Marg
Mandarin Oranges
Milk

16 Smoked Pork Chop
Scalloped Potatoes
Normandy Blend Veg
Wheat Bread/Marg
Pineapple Chunks
Milk

17 Salisbury Steak w/Gravy
Mashed Potatoes
Broccoli
Cookie
Bread/Marg
Milk

18 Manwich Sloppy Joe on Bun
Roasted Red Skin Potatoes
Green Beans w/Carrots
Mixed Fruit Cup
Milk

19 Ham & Beans
Sweet n Sour Slaw
Cornbread
Fruit Crisp
Milk

23 Lasagna Roll Up
Italian Vegetables
Warm Spiced Apples
Texas Toast
Milk

24 Chopped Steak w/Gravy
Mashed Potatoes
Peas
Bread/Marg
Banana
Milk

25 BBQ Riblet on Bun
Cheesy Potatoes
Spinach
Pudding
Milk

26 Polish Sausage
Mashed Potatoes
Sauerkraut
Rye Bread/Marg
Fresh Fruit

30 Cheeseburger on Bun
Baked Beans
Chuckwagon Corn
Apricots
Milk

Operated by the
SWIRCA & More
Nutrition Program
16 W. Virginia St
Evansville, Indiana
812-464-7807

SWIRCA Meal Sites are closed on Fridays

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