

SWIRCA & More

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>	<p>1 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread/Marg Snack Cake Milk</p>	<p>2 Jambalaya Spiced Peaches Cornbread Toss Salad w/Dsg Milk</p>	<p>3 Parmesan Chicken Baby Bakers Cauliflower Bread/Marg Fruit Cup Milk</p>	<p>4 Lunch by Cypress Grove</p>
<p>7 Spaghetti w/Meat Sauce Italian Vegetables Corn Tropical Fruit Texas Toast Milk</p>	<p>8 Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p>9 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>10 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Wheat Bread/Marg Warm Spiced Apples Milk</p>	<p>11 Lunch by Atria</p>
<p>14 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk</p>	<p>15 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Cookie Milk</p>	<p>16 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>17 Sausage Pattie Pancakes (2) Maple Syrup Potatoes O'Brien Fruit Milk</p>	<p>18 Lunch by Humana</p>
<p>21 Italian Chicken Pattie Cabbage Vegetable Blend Bread/Marg Pudding Milk</p>	<p>22 Chicken & Noodles Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p>	<p>23 Manwich Sloppy Joe On Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk</p>	<p>24 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk</p>	<p>25 Lunch by Hamilton Pointe</p>
<p>28 Stuffed Bell Pepper Italian Vegetables Creamed Corn Bread Tropical Fruit Milk</p>	<p>29 Chopped Steak w/Gravy Mashed Potatoes Peas Bread Peaches Milk</p>	<p>30 Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk</p>	<p>31 Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Pudding Bread Milk</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 <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>