

SWIRCA & More

August 2017

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