

SWIRCA & More

Nutrition Menu August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Bread/Margarine Mixed Fruit Milk	4 Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg. Pudding Milk	5 MEAL SITES CLOSED	6 BBQ Pork on Bun AuGratin Potatoes Broccoli Cookie Milk	7 Meatloaf w/Gravy Mashed Potatoes Brussel Spouts Fresh Fruit Bread/Marg Milk
10 Chopped Steak w/Gravy Mashed Potatoes Key West Blend Apricots Bread/Marg Milk	11 BBQ Chicken Baby Bakers Carrots Bread/Marg Peaches Milk	12 MEAL SITES CLOSED	13 Sloppy Joe on Bun Cheesy Potatoes Seasoned Green Beans Oreo Cookies Milk	14 Chili Mac Corn Spiced Applesauce Toss Salad w/Dsg Bread/Marg Milk
17 Quarter Pound Frank on Bun Baked Beans Hash Brown Pattie Pineapple Chunks Milk	18 Beef & Noodles Baby Bakers Carrots Bread/Margarine Peaches Milk	19 MEAL SITES CLOSED	20 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk	21 Hard Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk
24 Chicken & Noodles Peas & Carrots Biscuit Fresh Fruit Milk	25 Hamburger on Bun Chuckwagon Corn Spinach Apricots Milk	26 MEAL SITES CLOSED	27 <u>Birthday Lunch</u> Smoked Pork Chop AuGratin Potatoes Cauliflower Bread/Margarine Birthday Cake Milk	28 Pub Style Fish Red Diced Potatoes Mixed Vegetables Dessert Wheat Bread/Margarine Milk
31 Parmesan Chicken Baby Bakers Seasoned Green Beans Bread/Margarine Mandarin Oranges 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	<u>Meat/Entrée:</u> <u>2 ½ - 3 oz</u> <u>Veg/Salad/Dessert</u> <u>½ cup</u> <u>Margarine: 1 teaspoon</u> <u>Bread: 1 slice</u> <u>Milk: ½ pint</u> <u>Casseroles: 8oz</u>