

SWIRCA & More

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk	4 CLOSED FOR INDEPENDENCE DAY	5 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk	6 Sausage Pattie Pancakes Syrup O'Brien Potatoes Fruit Milk	7 Ham, mac 'n cheese, green beans, dessert
10 Italian Chicken Pattie Cabbage Vegetable Blend Bread/Marg Pudding Milk	11 Chicken & Noodles Mashed Potatoes Broccoli Cookie Bread/Marg Milk	12 Manwich Sloppy Joe On Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk	13 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk	14 Lunch provided by Atria
17 Stuffed Bell Pepper Italian Vegetables Creamed Corn Bread Tropical Fruit Milk	18 Chopped Steak w/Gravy Mashed Potatoes Peas Bread Peaches Milk	19 Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk	20 Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Pudding Bread Milk	21 Lunch provided by Humana
24 BBQ Pork Chuckwagon Corn Broccoli Rye Bread Pineapple Chunks Milk	25 Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Roll Milk	26 2-Softshell Taco (1 $\frac{1}{2}$ oz meat each) Black Beans Mexican Rice Cheese/Lettuce Cookie Milk	27 Sausage Pattie Country Gravy Southern Style Gravy O'Brien Potatoes Banana Milk	28 Lunch provided by Hamilton Pointe
31 Hamburger on Bun Baked Beans Brussel Sprouts Fruit Milk			Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	<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/Entree:</u> 2 $\frac{1}{2}$ - 3 oz</p> <p><u>Vegetable/Salad/Dessert:</u> $\frac{1}{2}$ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> $\frac{1}{2}$ pint</p> <p><u>Casseroles:</u> 8 oz</p>