

# Ivy Café & More

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</b>	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> 2 $\frac{1}{2}$ - 3 oz <u>Veg/Salad/Dessert</u> $\frac{1}{2}$ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> $\frac{1}{2}$ pint <u>Casseroles:</u> 8oz		1 Red, White and Blue Food carry-in Bring a dish to share (even if it's not red, white or blue)
4 CLOSED FOR INDEPENDENCE Day HOLIDAY	5 Cheeseburger on Bun Baked Beans Cauliflower Pears Bread/Margarine Milk	6 <u>National Fried Chicken Day</u> Oven Fried Chicken Root Vegetables Brussel Sprouts Pudding Milk	7 Salisbury Steak w/Gravy Mashed Potatoes Carrots Snack Cake Bread/Marg Milk	8 Lunch provided by Home Instead Health Care
11 Parmesan Chicken Baby Bakers Green Beans Bread/Marg Tropical Fruit Milk	12 Ham & Beans Tomato Salad Cornbread Fruit Crisp Milk	13 Stuffed Chicken Red Skin Potatoes Broccoli Bread/Marg Apricots Milk	14 BBQ Riblet on Bun Cheesy Potatoes Peas Pears Milk	15 Lunch provided by Humana
18 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Fresh Fruit Milk	19 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread Peaches Milk	20 Sloppy Joe on Bun Hash Brown Potato Zucchini Mandarin Oranges Milk	21 BBQ Pork Chuckwagon Corn Spinach Rye Bread/Marg Applesauce Milk	22 Luau: ham sandwiches, melons, pineapple, chips, mango
25 BBQ Chicken Roasted Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Milk	26 Smoked Pork Chop Garlic Diced Potatoes Green Beans w/Carrots Pineapple Chunks Bread/Margarine Milk	27 Penne Pasta w/Meat Sauce Corn Spiced Peaches Texas Toast Milk	28 Smoked Sausage Sauerkraut Mashed Potatoes Cinnamon Apples Wheat Bread/Marg. Milk	29 Fettuccini Alfredo with chicken and broccoli, salad and garlic bread

