

# SWIRCA & More

## Nutrition Menu June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Noodles Peas & Carrots Southern Style Biscuit Fresh Fruit Milk	2 Hamburger on Bun Chuckwagon Corn Spinach Apricots Milk	3 MEAL SITES CLOSED	4 Smoked Pork Chop Augratin Potatoes Cauliflower Bread Cherry Ambrosia Milk	5 Pub Style Fish Red Skin Potatoes Mixed Vegetables Dessert Wheat Bread/Marg Milk
8 Parmesan Chicken Baby Bakers Seasoned Green Beans Bread/Margarine Mandarin Oranges Milk	9 BBQ Riblet on Bun Homemade Macaroni & Cheese Vegetable Blend Pears Milk	10 MEAL SITES CLOSED	11 Stuffed Green Pepper Garlic Mashed Potatoes Peas Bread/Marg Fig Cookie Milk	12 Penne Pasta w/Meat Sauce Italian Green Beans Warm Spiced Peaches Texas Toast Lettuce Salad w/Dressing Milk
15 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	16 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	17 MEAL SITES CLOSED	18 Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Fruit Milk	19 Jambalaya Yam Patties Toss Salad w/Dressing Cornbread Spiced Peaches Milk
22 Salisbury Steak w/Gravy Mashed Potatoes Normandy Vegetables Bread/Marg Mixed Fruit Milk	23 Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg Pudding Milk	24 MEAL SITES CLOSED	25 <u>Birthday Lunch</u> BBQ Pork on Bun AuGratin Potatoes Broccoli Birthday Cake Milk	26 Ham & Beans (8oz) Coleslaw Cornbread Warm Spiced Applesauce Milk
29 Chopped Steak w/Gravy Mashed Potatoes Key West Blend Bread/Marg Apricots Milk	30 BBQ Chicken Lima Beans Broccoli Rye Bread Fresh Fruit 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> 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