

# SWIRCA & More

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Operated by the SWIRCA &amp; More Nutrition Program</b>  <b>16 W. Virginia St</b>  <b>Evansville, Indiana</b>  <b>812-464-7807</b></p>	<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><b>Meat/Fatree:</b>  2 1/2 - 3 oz</p> <p><b>Yer/Salad/Dessert:</b>  1 cup Margarine, 1 teaspoon  Bread, 1 slice  Milk, 1/2 pint  Casseroles: 1/2 cup</p>		<p>1</p> <p><b>Ham &amp; Beans</b>  <b>Pickled Beets</b>  <b>Cornbread</b>  <b>Fruit Crisp</b>  <b>Milk</b></p>	<p>2</p> <p><b>Sloppy Joes</b>  <b>Baked beans</b>  <b>Potato salad</b></p>
<p>5</p> <p><b>Stuffed Bell Pepper</b>  <b>Italian Vegetables</b>  <b>Creamed Corn</b>  <b>Bread</b>  <b>Tropical Fruit</b>  <b>Milk</b></p>	<p>6</p> <p><b>Chopped Steak w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Peas</b>  <b>Bread</b>  <b>Peaches</b>  <b>Milk</b></p>	<p>7</p> <p><b>Polish Sausage on Bun</b>  <b>Mixed Vegetables</b>  <b>Zucchini &amp; Tomatoes</b>  <b>Pears</b>  <b>Milk</b></p>	<p>8</p> <p><b>Cubed Pork Pattie w/Gravy</b>  <b>Cheesy Potatoes</b>  <b>Spinach</b>  <b>Pudding</b>  <b>Bread</b>  <b>Milk</b></p>	<p>9</p> <p>Lunch provided By Atria</p>
<p>12</p> <p><b>BBQ Pork</b>  <b>Chuckwagon Corn</b>  <b>Broccoli</b>  <b>Rye Bread</b>  <b>Pineapple Chunks</b>  <b>Milk</b></p>	<p>13</p> <p><b>Oven Fried Chicken</b>  <b>Macaroni &amp; Cheese</b>  <b>Vegetable Blend</b>  <b>Mandarin Oranges</b>  <b>Roll</b>  <b>Milk</b></p>	<p>14</p> <p><b>2-Softshell Taco (1 1/2 oz meat each)</b>  <b>Black Beans</b>  <b>Mexican Rice</b>  <b>Cheese/Lettuce</b>  <b>Cookie</b>  <b>Milk</b></p>	<p>15</p> <p><b>Sausage Pattie</b>  <b>Country Gravy</b>  <b>Southern Style Gravy</b>  <b>O'Brien Potatoes</b>  <b>Banana</b>  <b>Milk</b></p>	<p>16</p> <p>Lunch provided By Humana</p>
<p>19</p> <p><b>Hamburger on Bun</b>  <b>Baked Beans</b>  <b>Brussel Sprouts</b>  <b>Fruit</b>  <b>Milk</b></p>	<p>20</p> <p><b>Salisbury Steak w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Broccoli</b>  <b>Bread/Marg</b>  <b>Snack Cake</b>  <b>Milk</b></p>	<p>21</p> <p><b>Jambalaya (1 cup)</b>  <b>Spiced Peaches</b>  <b>Cornbread</b>  <b>Toss Salad w/Dsg</b>  <b>Milk</b></p>	<p>22</p> <p><b>Parmesan Chicken</b>  <b>Baby Bakers</b>  <b>Cauliflower</b>  <b>Bread/Marg</b>  <b>Fruit Crisp</b>  <b>Milk</b></p>	<p>23</p> <p>Lunch provided By Hamilton Pointe</p>
<p>26</p> <p><b>Penne Pasta w/Meat Sauce</b>  <b>Italian Veggie</b>  <b>Corn</b>  <b>Tropical Fruit</b>  <b>Texas Toast</b>  <b>Milk</b></p>	<p>27</p> <p><b>Meatloaf w/Gravy</b>  <b>Mashed Potatoes</b>  <b>Peas</b>  <b>Bread w/Marg</b>  <b>Fresh Fruit</b>  <b>Milk</b></p>	<p>28</p> <p><b>Boneless BBQ Riblet on Bun</b>  <b>Cheesy Potatoes</b>  <b>Spinach</b>  <b>Pudding</b>  <b>Milk</b></p>	<p>29</p> <p><b>Quarter Pound Frank on Bun</b>  <b>Mashed Potatoes</b>  <b>Sauerkraut</b>  <b>Warm Spiced Apples</b>  <b>Wheat Bread/Marg</b>  <b>Milk</b></p>	<p>30</p> <p><b>Soup</b>  <b>Sandwich</b>  <b>Salad</b></p>