

SWIRCA & More

Nutrition Menu September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Riblet on Bun Homemade Macaroni & Cheese Normandy Blend Pears Milk	2 MEAL SITES CLOSED	3 Stuffed Green Pepper Mashed Potatoes Cauliflower Mixed Fruit Bread/Margarine	4 Penne Pasta w/Meat Sauce Italian Beans Warm Spiced Peaches Texas Toast Lettuce Salad w/Dsg. Milk
7 LABOR DAY HOLIDAY CLOSED	8 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk	9 MEAL SITES CLOSED	10 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk	11 Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Fruit Milk
14 Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Bread/Margarine Mixed Fruit Milk	15 Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg. Pudding Milk	16 MEAL SITES CLOSED	17 BBQ Pork on Bun AuGratin Potatoes Broccoli Cookie Milk	18 Turkey Burger Mashed Potatoes Brussel Spouts Fresh Fruit Bread/Marg Milk
21 Chopped Steak w/Gravy Mashed Potatoes Key West Blend Apricots Bread/Marg Milk	22 BBQ Chicken Baby Bakers Carrots Bread/Marg Peaches Milk	23 MEAL SITES CLOSED	24 <u>Birthday Lunch</u> Sloppy Joe on Bun Cheesy Potatoes Seasoned Green Beans Birthday Cake Milk	25 Chili Mac Corn Spiced Applesauce Toss Salad w/Dsg Bread/Marg Milk
28 Quarter Pound Frank on Bun Baked Beans Hash Brown Pattie Pineapple Chunks Milk	29 Beef & Noodles Baby Bakers Carrots Bread/Margarine Peaches Milk	30 MEAL SITES CLOSED	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