

SWIRCA & More

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Strawberry Delight Cookie Milk	3 Sausage Pattie Fried Egg Potatoes O'Brien Spiced Peaches Danish Milk	4 CLOSED FOR INDEPENDENCE DAY!!	5 Italian Chicken Pattie Stewed Tomatoes Brussel Sprouts Bread/Marg Pie Milk	6 Lunch sponsored by Cypress Grove
9 Smoked Pork Chop Scalloped Potatoes Normandy Blend Wheat Bread/Marg Pineapple Chunks Milk	10 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Cookie Bread/Marg Milk	11 Manwich Sloppy Joe on Bun Roasted Red Skin Potatoes Green Beans w/Carrots Mixed Fruit Cup Milk	12 Ham & Beans Sweet n Sour Coleslaw Cornbread Fruit Crisp Milk	13 Lunch sponsored by Atria Senior Living
16 Chopped Steak w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk	17 Lasagna Roll Up Italian Vegetables Warm Spiced Apples Texas Toast Milk	18 Baked Chicken Garlic Mashed Potatoes Peas & Carrots Bread/Marg Pineapple Chunks Milk	19 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk	20 Stuffed cabbage rolls/stuffed peppers sponsored by Alan Gomoll
23 Cheeseburger on Bun Baked Beans Chuckwagon Corn Apricots Milk	24 Sausage Pattie Biscuit & Gravy Fried Egg Fresh Fruit Milk	25 (2) Soft Shell Tacos (1 $\frac{1}{2}$ oz meat each) Mexican Rice Black Beans Cheese/Lettuce Snack Cake Milk	26 BBQ Pork Homemade Macaroni & Cheese Vegetable Blend Rye Bread Mandarin Oranges Milk	27 Lunch sponsored by Hamilton Pointe
30 Homemade Goulash Seasoned Green Beans Cornbread Pudding Cup Milk	31 Pork Pattie w/Gravy Roasted Sweet Potatoes Seasoned Green Beans Bread/Marg Pineapple Chunks 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	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807