

# SWIRCA & More

August 2019

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 \$3.00 per meal. Cash, checks, or Food Stamps are accepted.</p> <p><i>Meat/Entree: 3 1/2 - 3 oz      Veg/Salad/Dessert: 1 cup      Margarine: 1/2 teaspoon      Bread: 1 slice      Milk: 1/2 pint      Crackers: 8 oz</i></p>		<p>1      Ham &amp; Beans      Spinach      Cornbread      Snack Cake      Milk</p>	<p>2  <b>Lunch By Cypress Grove</b></p>
<p>5      Spaghetti w/Meat      Sauce      Italian Green Beans      Warm Spiced      Peaches      Cookies      Texas Toast      Milk</p>	<p>6      Pork Poutine      Brussel Sprouts      Cinnamon Applesauce      Wheat Bread/Marg      Milk</p>	<p>7      Homemade Meatloaf      w/Gravy      Mashed Potatoes      Peas      Bread/Marg      Pear Cup      Milk</p>	<p>8      Grilled Chicken      Pattie      Cheesy Potatoes      Buttered Carrots      Bread/Marg      Cookies</p>	<p>9  <b>Lunch by Newburgh Senior Center</b></p>
<p>12      Country Fried Steak      Garlic Mashed      Potatoes      Seasoned Green      Beans      Bread/Margarine      Pineapple Cup      Milk</p>	<p>13      Italian Chicken      Pattie on Bun      Baked Beans      Broccoli      Fresh Fruit      Milk</p>	<p>14      Sausage Pattie      Hard-Boiled Egg      Country Gravy      Southern Style Biscuit      Peach Cup      Danish      Milk</p>	<p>15      Hamburger on Bun      Tri Taters (2)      French Style Green      Beans      Cookies      Milk</p>	<p>16  <b>Lunch by the Islamic Center</b></p>
<p>19      Manwich Sloppy Joe      on Bun      Red Skin Potatoes      Sugar Snap Peas      Pudding Cup      Milk</p>	<p>20      Salisbury Steak      w/Gravy      Mashed Potatoes      Brussel Sprouts      Bread/Margarine      Cookie      Milk</p>	<p>21      BBQ Chicken      Cauliflower AuGratin      Peas      Rye Bread/Margarine      Peach Cup      Milk</p>	<p>22      Smoked Pork Chop      Scalloped Potatoes      California Blend Veg      Wheat Bread/Marg      Cupcake      Milk</p>	<p>23  <b>Lunch by Hamilton Pointe</b></p>
<p>26      BBQ Riblet on Bun      Cheesy Potatoes      Spinach      Pudding Cup      Milk</p>	<p>27      Chopped Steak      w/Gravy      Mashed Potatoes      Seasoned Green      Beans      Bread/Margarine      Snack Cake</p>	<p>28      Cabbage Roll      Italian Vegetables      Corn      Tropical Fruit Cup      Bread/Margarine      Milk</p>	<p>29      Chicken Parmesan      Baby Bakers      Cauliflower      Wheat      Bread/Margarine      Fresh Fruit      Milk</p>	<p>30  <b>PORKAPALOOZA</b>      Kick off lunch      Pulled pork      Sandwich, baked      beans, cole slaw,      dessert</p>