

SWIRCA & More

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk	2 Italian Chicken Pattie on Bun Baked Beans Broccoli Fresh Fruit Milk	3 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Peach Cup Danish Milk	4 INDEPENDENCE DAY CLOSED	Lunch sponsored by Cypress Grove
8 Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Pudding Cup Milk	9 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookie Milk	10 BBQ Turkey Cauliflower AuGratin Peas Rye Bread/Margarine Peach Cup Milk	11 Smoked Pork Chop Scalloped Potatoes California Blend Veg Wheat Bread/Marg Cupcake Milk	Lunch sponsored by Signature Health Care
15 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk	16 Chopped Steak w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Margarine Snack Cake	17 Cabbage Roll Italian Vegetables Corn Tropical Fruit Cup Bread/Margarine Milk	18 Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Margarine Fresh Fruit Milk	Lunch sponsored by the Islamic Center
22 Hamburger on Bun Corn Baked Beans Pear Cup Milk	23 Oven Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Marg Pineapple Cup Milk	24 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Warm Spiced Apples Milk	25 BBQ Pork Homemade Macaroni & Cheese Mixed Vegetables Rye Bread/Marg Mandarin Orange Cup Milk	Lunch sponsored by Hamilton Pointe
29 Chicken & Noodles Mashed Potatoes Green Beans Bread/Marg Moon Pie Milk	30 Pork Fritter w/Gravy Roasted Sweet Potatoes Broccoli Wheat Bread/Marg Mixed Fruit Cup Milk	31 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Pudding Cup Bread/Marg Milk	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807	<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>Meat/Entrée: 2 1/2 - 3 oz</p> <p>Veal/Salad/Dessert: 1/2 cup</p> <p>Margarine: 1 teaspoon</p> <p>Bread: 1 slice</p> <p>Milk: 1/2 pint</p> <p>Casseroles: 8 oz</p>