

SWIRCA & More

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Margarine Mandarin Oranges Milk	4 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Pineapple Cup Bread/Margarine Milk	5 Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk	6 Chicken Pattie Baby Bakers Stewed Tomatoes Bread/Margarine Fruit Cup Milk	7 BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk
10 Smoked Pork Chop Scalloped Potatoes Carrots Cupcake Wheat Bread/Marg Milk	11 Salisbury Steak w/Gravy Brussel Sprouts Cookies Bread/Margarine Milk	12 Italian Chicken Pattie Cauliflower AuGratin Peas Peach Cup Bread/Margarine Milk	13 Sloppy Joe on Bun Red Skin Potatoes Broccoli Snake Cake Milk	14 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Margarine Milk
17 BBQ Boneless Rib on Bun Cheesy Potatoes Spinach Pudding Cup Milk	18 Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk	19 Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk	20 Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk	21 Free lunch Friday By The Islamic Center Call 812-853-5627 or email: manageratnsc@gmail.com to reserve a meal. Deadline to reserve is 8/18.
24 Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk	25 BBQ Pork on Bun Homemade Macaroni & Cheese California Blend Pudding Cup Milk	26 Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk	27 Sausage Pattie Country Gravy Southern Style Biscuit Potato Pancake Mixed Fruit Cup Milk	28 Free lunch Friday Kick off lunch for Porkapalooza 2020. Pulled pork sandwich, chips, dessert Please make a reservation.
31 Sweet & Sour Chicken Rice Pilaf Buttered Carrots Mandarin Oranges Bread/Margarine 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 Meat/Entrée: 2 $\frac{1}{2}$ -3 oz Veg/Salad/Dessert: $\frac{1}{2}$ cup Margarine: 1 teaspoon Bread: 1 slice Milk: $\frac{1}{2}$ pint Casseroles: 8oz	Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807. To register for Meals on Wheels, call 812-464-7800. Restrictions apply.